Cooking Light

fresh food fast 24/7

5 ingredient, 15 minute recipes

Over **280** *quick and easy recipes for*

breakfast, lunch & dinner

Cooking Light
fresh food *fast*
24/7

Oxmoor House

Welcome

Enjoy fresh, fast food every meal of the day. This latest cookbook in the *Cooking Light* Fresh Food Fast series makes it even easier to celebrate a healthy lifestyle 24 hours a day, 7 days a week. We often hear from readers and parents who are eager to feed their families good food around the clock. There's a growing national movement focused on healthy lunches for schoolchildren, and recent research confirms that breakfast truly is the most important meal of the day. *Cooking Light Fresh Food Fast 24/7* helps you make fresh, healthy, and delicious food a bigger part of how you eat.

In this new collection of 280 5-ingredient, 15-minute recipes, we've created flavor-ful, easy dinners fit for sharing with family and friends. You'll also find ideas for breakfast and lunch on the go, brunch, and fun snacks, plus appetizers and cocktails for entertaining. Each Test Kitchen–rated recipe meets at least one of two criteria: It calls for 5 ingredients or fewer (excluding water, flour, cooking spray, oil, salt, pepper, and optional ingredients), or it can be prepared in 15 minutes or less. Many accomplish both!

Plus—we've made life easier with a new section: Market to Meal Planners. Each planner gives you one shopping list for nine recipes, including three dinners. Recipes in each planner share common ingredients, so you can make the most of the food you buy.

Cooking Light Fresh Food Fast 24/7 includes other new features, such as:

- **"Feed Four for $10 or Less"** helps stretch your dollar with budget meals. (Prices were derived from midsized-city supermarkets in Summer 2011. Side dishes are included in the cost of the meal. Salt, pepper, and cooking spray are freebies.)
- **"To-Go Tips"** offer ways to pack a portable meal so it stays fresh.
- **"Switch It Up"** shows you how to turn a salad recipe into a sandwich, or a sandwich recipe into a salad—essentially giving you a new dish to try!

All the recipes are designed to get you in and out of the kitchen in minutes. It's never been easier to enjoy good food every day!

The *Cooking Light* Editors

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market to meal planners

Shopping and meal planning just got easier: Each simple grocery list makes nine recipes.

breakfasts to go

Get off to a great start with quick meals that supercharge your morning.

weekend breakfasts & brunches

Fresh fruit, veggie, and egg dishes kick off relaxing, easy weekends.

portable lunches

Pack these meals for school or work: They’re designed to stay fresh and tasty on the go.

at home lunches

Seasonal, filling ingredients star in salads, sandwiches, and more.

snacks

Get over a midday hump with these granola bars, snack mixes, dips, and other bites.

cocktail hour

Fun noshes, nibbles, and sips that set the stage for entertaining.

weeknight dinners

When you're short on time, these filling, flavorful entrées are just right for the end of the day.

weekend suppers

Relax and enjoy a casual family dinner or a stress-free meal with friends.

desserts

Homemade ice creams, beautiful tarts, chocolate treats—sweet indulgences are just minutes away.

nutritional analysis

metric equivalents

Market to Meal Planners

We’re skeptical of full-week meal planners because that’s just not realistic for most people. Some of us spend evenings chauffeuring carloads of kids to soccer practice and play dates. Others cook just for two. Instead, in this new feature of the Cooking Light Fresh Food Fast series, we focused on creating 10 meal planners that make enjoying fresh food at any meal throughout the week more practical. Each planner includes one shopping list for three dinners and a mix of breakfasts, lunches, snacks, and desserts. Cooking three nights a week? One planner’s got you covered. If you’re a devoted weeknight cook, you can combine two of your favorite planners for six dinners and nearly a week’s worth of great meals.

The shopping lists don’t include the basics: salt, pepper, oil, all-purpose flour, and cooking spray (we assume you have those) or optional ingredients. You can download printable versions of the planners at CookingLight.com/FFFShoppingLists.

Weekly Meal Plan 1

Common ingredients in this planner are baby spinach, feta cheese, fresh basil, fresh corn, pita bread, and tomatoes.

SHOPPING LIST

produce

English cucumber, 1
fresh baby spinach, 1 bag
fresh basil
fresh cilantro
fresh corn, 12 ears
fresh dill
fresh flat-leaf parsley
fresh mint
fresh okra, 3.5 ounces
fresh oregano
garlic
green onions
large fresh tomatoes, 3
lemons, 4
lime, 1
onion, 1
pico de gallo, 1 cup
plum tomatoes, ½ pound
red bell pepper, 1
red onion, 1
romaine lettuce, 6 cups

meat/fish/poultry

bacon, 8 ounces
chicken breast tenders, 1½ pounds lean ground lamb, 2 pounds

peeled and deveined large shrimp, 1¼ pounds skirt steak, 1 pound
thinly sliced deli, lower-sodium turkey breast, 8 ounces **dairy**
butter
Cotija cheese, 4 ounces
fat-free sour cream, 6 ounces
feta cheese, 4.5 ounces
large eggs
plain 2% reduced-fat Greek yogurt, 8 ounces
reduced-fat feta cheese, 3 ounces

freezer
frozen artichoke hearts

staples

10-grain whole-grain pancake and waffle mix

black beans, 1 (15-ounce) can
canola mayonnaise
chickpeas, 1 (16-ounce) can
chipotle chiles in adobo sauce, 1 (7-ounce) can ground cumin
light ranch dressing
red wine vinegar
salt-free fiesta-lime seasoning
smoked paprika
toasted pine nut couscous, 1 (5.6-ounce) package whole-wheat pitas, 3
yellow cornmeal

miscellaneous
club soda
tahini (roasted sesame seed paste)

Shrimp and Summer Vegetable Sauté

Green Spice Chicken Tenders and Mexican-Style Grilled Corn

Feta-Lamb Patties with Cucumber Sauce

Savory Cornmeal Waffles

Mediterranean Breakfast Sandwich

Steak Taco Salad with Black Bean–Corn Relish

Turkey-Hummus Pitas

Greek Lamb Salad

Feta-Mint Dip

Tips

Cut your own CORN from the cob for three recipes. (And freeze the cobs: They make great soup stock!) We use PLUM TOMATOES in some recipes because they have a meatier texture and less juice than other tomatoes.

Weekly Meal Plan 2

Common ingredients in this planner are asparagus, avocados, bacon, and tomatoes.

SHOPPING LIST

produce

asparagus spears, 1¼ pounds avocados, 4

baby heirloom tomatoes, 1 (12-ounce) package

baby spinach, 1 (6-ounce) package

Broccolini, 1 pound

fresh basil

fresh cilantro

fresh corn, 2 ears

garlic

gourmet salad greens, 1⅓ cups grape tomatoes, 1 pint

green onions, 1 bunch

large tomatoes, 2

lemons, 4

limes, 3

peaches, 8

sweet onion, 1

meat/fish/poultry

boneless center-cut loin pork chops, 4 (4-ounce) chops (about ½ inch thick)

(6-ounce) salmon fillets, 4

center-cut bacon, 1 pound

lower-sodium bacon, 1 pound

skinless, boneless rotisserie chicken breast, 1 whole breast **dairy**

butter

large eggs

grated fresh Parmesan cheese, 2 ounces

herbed goat cheese, 2 ounces

herbed goat cheese, 2 ounces
low-fat Greek yogurt, 6-ounce container
part-skim ricotta cheese, 15-ounce container
plain fat-free Greek yogurt, 1 (6-ounce) container preshredded Monterey Jack cheese with jalapeño peppers, 1 ounce preshredded part-skim mozzarella cheese, 6 ounces **staples**
baked tortilla chips
canola oil
capers
cider vinegar
commercial pizza dough, 1 (16-ounce) package
corn tortillas, 9 (6-inch)
crusty Chicago-style Italian bread
fat-free, lower-sodium chicken broth
ground cumin
ground red pepper
marinara sauce
no-salt-added black beans, 1 (15-ounce) can
olive oil
stone-ground mustard
thin-sliced 15-grain bread
turbinado sugar

miscellaneous
apple juice concentrate, 1 (11.5-ounce) can
dry white wine
whole-wheat tandoori naan, ½ (12-ounce) package (2 naan)

Shredded Chicken Tacos

Pan-Roasted Salmon and Tomatoes and Asparagus with Lemon-Basil Yogurt Sauce

Apple-Mustard–Glazed Pork Chops and Broccolini with Bacon

Black Bean Omelet

Cast-Iron Breakfast Pizza and Broiled Sweet Peaches

Avocado BLT

Chicken Marinara Panini

Grilled Asparagus Pizzas

Tomato-Avocado Dip

Tips

Why 2 kinds of GREEK YOGURT? To meet nutritional guidelines, some recipes call for fat-free Greek yogurt. You can substitute one kind for another, but the nutrition and texture of your finished dish will be different.

Choose center-cut BACON: It's lower in saturated fat than regular bacon, but you still get the same great taste.

Ripen AVOCADOS in a brown paper bag on the counter. Store ripe avocados in the fridge for 2 to 3 days.

Weekly Meal Plan 3

Common ingredients in this planner are goat cheese, red bell pepper, red onions, spinach, and strawberries.

SHOPPING LIST

produce

blueberries, about 5.3 ounces (1 cup)
fresh baby spinach, 8 ounces
fresh basil
fresh cremini mushrooms, 3.5-ounce package
fresh ginger
fresh parsley
fresh sage
fresh thyme
garlic
lime, 1
microwave-ready baking potatoes, 2
prechopped onion, 4.5 ounces
red bell peppers, 2
red onions, 2
strawberries, 1 quart
sweet potatoes, 1 pound
large tomatoes, 2
yellow squash, 1 medium
zucchini, 1 medium

meat/fish/poultry

prosciutto, 4 (½-ounce) thin slices reduced-fat pork sausage, 8 ounces
skinless, boneless chicken, 8 (6-ounce) breast halves **dairy**
(0.7-ounce) slices reduced-fat provolone cheese, 1 package goat cheese, 5 ounces
grated fresh pecorino Romano cheese, 1 ounce

large eggs
paneer or queso blanco, 4 ounces
plain low-fat Greek yogurt, about 8 ounces
plain low-fat yogurt, 1 cup
preshredded part-skim mozzarella cheese, 2 ounces shredded fresh Parmesan cheese, 2 ounces

freezer

frozen hash browns, 2 cups

staples

balsamic vinegar
blush wine vinaigrette
capers
commercial hummus
commercial olive tapenade
dry Marsala wine
garam masala
Madras curry powder
maple syrup
pistachios
red curry powder
sourdough bread, 8 (1-ounce) slices
sugar
walnuts, ½ ounce
wheat berries
whole-wheat pitas, 4 (6-inch)

miscellaneous

ground fresh ginger paste

[Balsamic Vegetable Pita Pizzas]

[Pistachio-Crusted Chicken and Strawberry Salad]

[Chicken Saltimbocca]

[Curried Paneer and Spinach–Stuffed Potatoes]

[Mediterranean Hash Brown Cakes]

[Strawberry-Ginger Yogurt Pops]

Pesto Grilled Cheese Panini

Sausage and Sweet Potato Hash

Morning Wheat Berry Salad

Grilled Shrimp Salad with Honey-Lime Dressing

Green Curry Snapper and Tropical Jasmine Rice

Spiced Lamb and Fruited Couscous

Turkey, Apricot, and Pistachio Salad

Lemon-Dill Chicken Salad

Tropical Waffles with Pineapple-Orange Syrup

Pineapple Parfait

Apricot-Stilton Bites

Curried Chutney–Stuffed Celery

Tips

Store STRAWBERRIES in the fridge, on paper towels in a single layer. Wash them right before you use them.

Try the tasty trio of pistachios, strawberries, and SPINACH in Pistachio-Crusted Chicken and Strawberry Salad, page 307.

Weekly Meal Plan 4

Common ingredients in this planner are cilantro, coconut, dried apricots, macadamia nuts, pineapple, and pistachios.

SHOPPING LIST

produce

bananas, 2

celery

fresh cilantro

fresh dill or fresh tarragon

fresh mint

fresh pineapple, 2

fresh thyme garlic

gourmet salad greens, 1 (5-ounce) package

green onions, 1 bunch

lemons, 4

lettuce and herb blend salad greens, 2 (4-ounce) packages limes, 3 onion, 2

orange, 1

meat/fish/poultry

cooked chicken breast, 3 breast halves

deli smoked turkey breast, 8 ounces

ground lamb, 1 pound

peeled and deveined shrimp, 1 pound

snapper fillets, 4 (6-ounce)

dairy

⅓-less-fat cream cheese, 4 ounces blue Stilton cheese, 1 ounce

butter

large eggs

plain fat-free Greek yogurt, 1 (7-ounce) container vanilla fat-free Greek yogurt, 1 (6-ounce) container **staples**

agave syrup

agave syrup
brown sugar
canola mayonnaise
coconut milk, 1 (13.5-ounce) can
couscous
Dijon mustard
dried apricots, 1 (7-ounce) bag
flaked sweetened coconut
golden raisins
ground red pepper
honey
honey-roasted peanuts
jasmine rice
macadamia nuts, about 1 ounce
mango chutney
pistachios, about 2 ounces shelled
red curry powder
rice vinegar
self-rising flour
slivered almonds, about 1.3 ounces

miscellaneous

fiery 5-pepper seasoning
garam masala
green curry paste
ground fresh ginger paste
lemongrass paste
pineapple preserves

Tips

Use PISTACHIOS in party-friendly Apricot-Stilton Bites, page 221, and serve them with Vouvray (a French white wine).

Buy PINEAPPLE with small, uniform eyes, a white core at the bottom, and a subtle pineapple fragrance.

Weekly Meal Plan 5

Common ingredients in this planner are beef tenderloin steaks, blue cheese, fennel, goat cheese, romaine lettuce, and rotisserie chicken.

SHOPPING LIST

produce

Anjou pear, 1
dried figs
small dried Mission figs (figlets), 8
fennel bulbs with stalks, 3
fresh cilantro
fresh chives
fresh parsley
fresh rosemary
garlic
green onions, 1 bunch
lemons, 2
lime, 1
navel oranges, 2
plum tomatoes, 2
radishes, 6
red onions, 3
romaine lettuce, 2 heads
shallots, 1
sweet butter-blend salad greens, 1 (6.5-ounce) package **meat/fish/poultry**
bacon
beef tenderloin steaks, 6 (4-ounce) steaks
rotisserie chicken breast, about 3½ breast halves ground sirloin, 1 pound

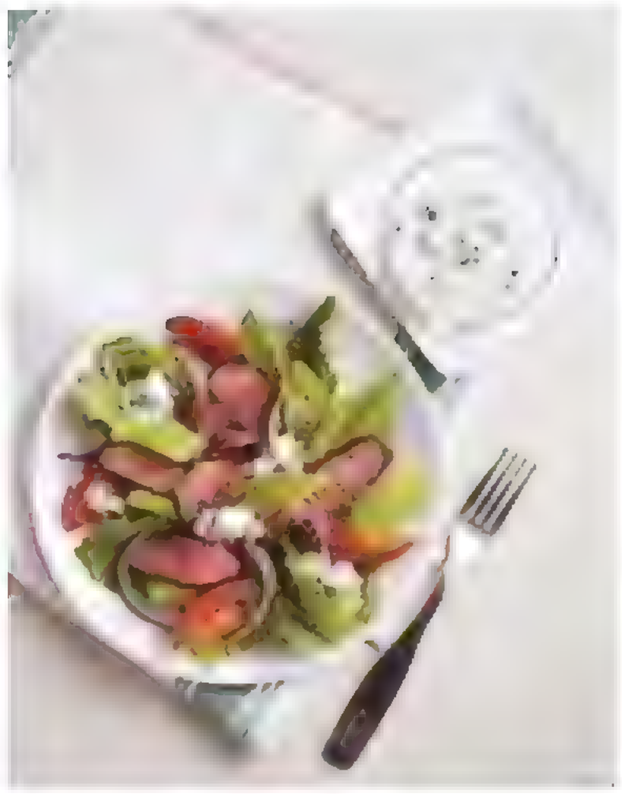
dairy

⅓-less-fat cream cheese, 12 ounces blue cheese, 1 ounce
goat cheese, 11.7 ounces

goat cheese, 11.7 ounces
nonfat buttermilk
plain 2% reduced-fat Greek yogurt, 1 (7-ounce) container tub-style ⅓-less-fat cream cheese, 4 ounces **staples**
balsamic vinegar
chickpeas, 1 (16-ounce) can
canola mayonnaise
cinnamon-raisin swirl mini-bagels, 1
dry-roasted salted cashews
garlic pepper
honey
hot sauce
light balsamic and basil vinaigrette
pitted kalamata olives
sherry vinegar
tawny port or other sweet red wine
walnuts, 2.4 ounces
white-wheat hamburger buns, 4 (1.8-ounce) buns

miscellaneous
fig preserves
mango chutney
pimientos del piquillo peppers, 2 (9.5-ounce) jars steamed ready-to-eat lentils, 1 (17.63-ounce) package

Beef Tenderloin with Peppery Fig-Port Sauce and Grilled Fennel and Red Onion



Black and Blue Salad

Pub Burgers

Bagel Sandwich with Pears and Goat Cheese Spread

Chickpea, Fennel, and Olive Chicken Salad

Mango Chicken Salad

Lentil Salad

Fig–Goat Cheese Spread

Goat Cheese–Stuffed Piquillo Peppers

Orange-Ginger Pork Chops and Sweet and Sour Cabbage

Grilled Halibut with Hoisin Glaze and Grilled Baby Bok Choy

Ladyfingers with Mascarpone Cream and Fresh Orange Sauce

Grilled Chicken, Apple, and Brie Sandwiches

Open-Faced Chicken and Pear Sandwiches

Arugula-Orange Salad with Fig-Bacon Dressing

Citrus-Ginger Salad

Frittata with Mascarpone and Prosciutto

Tofu and Chinese Long Beans

Tips

FIG SUBSTITUTES: You can substitute the dried figs and figlets for one another, if you like.

Use GOAT CHEESE three ways, including a Bagel Sandwich with Pears and Goat Cheese Spread, page 32.

If you want a mild BLUE CHEESE, choose a younger cheese. The older it is, the stronger the flavor will be.

Weekly Meal Plan 6

Common ingredients in this planner are arugula, ginger, Granny Smith apples, lower-sodium deli chicken, mascarpone cheese, and oranges.

SHOPPING LIST

produce

arugula, 2 cups
baby bok choy, 4 (about 1 pound)
Chinese long beans, 1 pound
extra-firm tofu, 1 (14-ounce) package
fresh ginger
Granny Smith apples, 2 medium
grapefruit, 1
grape tomatoes, 1 pint
lime, 1
navel oranges, 8
pear, 1
prewashed arugula, 1 (5-ounce) package
sweet onions, 2
thinly sliced green cabbage, 2 cups
thinly sliced red cabbage, 2 cups

meat/fish/poultry

boneless center-cut loin pork chops, 4 (4-ounce) chops (about ½ inch thick)
center-cut bacon
halibut fillets, 4 (6-ounce) fillets
thinly sliced deli, lower-sodium chicken, 20 ounces thinly sliced prosciutto, 2 ounces

dairy

crème de Brie spreadable cheese
fat-free cottage cheese, 1 (12-ounce) container goat cheese, 3 ounces
large eggs

mascarpone cheese
Swiss cheese, 6 (0.5-ounce) slices

staples

100% whole-wheat bread, 8 (1.5-ounce) slices
apricot preserves
brown sugar
cannellini beans, 1 (15-ounce) can
cider vinegar
country-style Dijon mustard
crystallized ginger
dark sesame oil
Dijon mustard
fig preserves
hoisin sauce
honey
ladyfingers, 1 (3-ounce) package
lower-sodium soy sauce
microwaveable precooked whole-grain brown rice, 1 (8.8-ounce) package rye pumpernickel bread, 6 (1.2-ounce) slices
seasoned rice vinegar
sesame seeds
sliced almonds, 1 ounce
sugar

miscellaneous

large-size zip-top plastic steam-cooking bag
orange-flavored liqueur (Grand Marnier)
Sriracha (hot chile sauce)
vanilla bean paste

Horseradish-Garlic Flank Steak and Lemony Arugula Salad

Veal Piccata and Herbed Parmesan Capellini

Baked Eggs with Spinach and Goat Cheese

Arugula, White Bean, and Sun-Dried Tomato Cream Quesadillas

Arugula Salad with Beets and Pancetta Crisps

Fried Eggs over Pancetta Grits and Mixed Berry Cup

Feta-Mint Dip

Feta-Lamb Patties with Cucumber Sauce

Mixed Berry, Flaxseed, and Yogurt Parfait

Tips

ORANGES sweeten to Citrus-Ginger Salad, page 39, which you can make ahead as a quick breakfast with yogurt.

Buy GINGER that has smooth skin. You can keep it the fridge, well-wrapped, for up to three weeks.

Weekly Meal Plan 7

Common ingredients in this planner are arugula, English cucumbers, feta cheese, mixed fresh berries, goat cheese, pancetta, and Parmesan cheese.

SHOPPING LIST

produce

arugula, 7 ounces

baby arugula, 1.5 ounces

English cucumber, 1 large

fresh chives

fresh dill

fresh mint

fresh oregano

fresh parsley

fresh spinach, 1 ounce

garlic

lemons, 4

Meyer lemons, 2

mixed fresh berries, 14 ounces

prechopped green onions

steamed peeled ready-to-eat baby red beets, 1 (8-ounce) package

meat/fish/poultry

flank steak, 1 pound

lean ground lamb, 1 pound

thinly sliced pancetta, 3 ounces

veal cutlets, 4 (4-ounce) cutlets (about ¼ inch thick) **dairy**

⅓-less-fat cream cheese, 2 ounces butter

crème fraîche

fat-free sour cream, 7 ounces

feta cheese, 5 ounces

goat cheese, about 8 ounces

half-and-half
large eggs
plain 2% reduced-fat Greek yogurt, 8 ounces
plain low-fat yogurt, about 4 ounces
shaved fresh Parmesan cheese, 2 ounces
shredded fontina cheese, 2 ounces

staples
cannellini beans, 1 (15-ounce) can
capellini or angel hair pasta
capers
day-old French bread
Dijon mustard
dry white wine
fat-free, lower-sodium chicken broth
flaxseed meal
honey
light balsamic vinaigrette
low-fat granola without raisins
low-sugar strawberry preserves
prepared horseradish
quick-cooking grits
red wine vinegar
sliced almonds
whole-wheat tortillas, 2 (8-inch)

miscellaneous
oil-packed sun-dried tomato halves
pitted dates

Tips

ARUGULA SUBSTITUTES: Substitute baby arugula for arugula, if you like.

Use ARUGULA at least three ways with this menu, and keep it fresh by storing it unwashed in a zip-top plastic bag.

Enjoy FETA in Feta-Lamb Patties with Cucumber Sauce, page 291.

Weekly Meal Plan 8

Common ingredients in this planner are carrots, cilantro, onions, tomatoes, and watermelon.

SHOPPING LIST

produce

cantaloupe, 1

carrots, 5-6

fresh basil

fresh bean sprouts, ¾ cup fresh cilantro

fresh ginger

fresh mint

fresh parsley

garlic

honeydew, 1

hot red chiles, 2

jalapeño pepper, 1

large vine-ripened tomatoes, 4

limes, 7

mini sweet bell peppers, 1 (8-ounce) package

napa cabbage, 1

pickling cucumber, 1

presliced green onions

red bell pepper, 1

red onion, 1

refrigerated prechopped celery, onion, and bell pepper mix, 1 (8-ounce) container seedless watermelon, 1 medium

white onions, 2

meat/fish/poultry

boneless center-cut loin pork chop, 1 (4-ounce) chop flank steak, 1 pound

large shrimp, peeled and deveined, 24 (about 1½ pounds) pulled skinless, boneless rotisserie chicken breast (about 2 breast halves) tilapia fillets, 4 (5-ounce) fillets

dairy

goat cheese, 1 ounce
large eggs
plain yogurt, about 4 ounces

freezer

frozen hash browns

staples

agave syrup
commercial olive tapenade
coriander
corn tortillas, 8 (6-inch)
creamy peanut butter
crushed red pepper
crystallized ginger
dark sesame oil
diced tomatoes, 1 (14.5-ounce) can
dried soba noodles
fat-free, lower-sodium chicken broth, 1 (32-ounce) carton garam masala
lightly salted peanuts
lower-sodium soy sauce
microwaveable precooked basmati rice, 1 (8.5-ounce) package rice paper, 4 (8-inch) round sheets
rice vinegar
seasoned rice vinegar
sugar
tomato paste
whole-grain extra-wide noodles

miscellaneous

crushed chipotle chile flakes

orange-flavored liqueur (Cointreau)
red curry paste
sambal oelek (ground fresh chile paste)
spicy peanut sauce

Red Curry Flank Steak and Thai Herb and Tomato Salad

Sautéed Tilapia Tacos with Grilled Peppers and Onion

Shrimp Tikka Masala

Creamy Chicken Noodle Soup

Peanut-Sesame Noodles

Thai Pork Roll-Ups

Mediterranean Hash Brown Cakes

Melon Kebabs with Lime and Chiles

Watermelon-Mint Sorbet

Schnitzel Chicken and Pan-Fried Slaw

Chicken and Olives and Moroccan Squash

Steak with Creamy Mushroom Gravy and Gruyère Polenta

Chicken Marinara Panini

Leek and Potato Soup and Mixed Greenswith Hazelnut-Herb Vinaigrette

Balsamic Peach Melba Parfaits with Spiked Mascarpone

Blueberry-Yogurt Parfaits

Grilled Peach and Granola Salad

Sour Cream–Peach Tart

Tips

Why 2 kinds of RICE VINEGAR? We call for two kinds of rice vinegar, because seasoned rice vinegar has added sugar and salt.

Refresh yourself with WATERMELON in Watermelon-Mint Sorbet, page 375, or Melon Kebabs with Lime and Chiles, page 205.

Store TOMATOES at room temperature for the best flavor. And don't miss the

Store TOMATOES at room temperature for the best flavor. And don't miss the Red Curry Flank Steak and Thai Herb and Tomato Salad on page 315.

Weekly Meal Plan 9

Common ingredients in this planner are 2% milk, blueberries, chicken cutlets, mixed salad greens, peaches, and raspberries.

SHOPPING LIST

produce

angel hair slaw, 2 (10-ounce) packages
fresh basil
fresh blueberries, 8 ounces
fresh cilantro
fresh ginger
fresh mint
fresh raspberries, about 8 ounces
fresh rosemary
garlic
gourmet mushroom blend, 1 (4-ounce) package
grape tomatoes, ½ pint
lemons, 2
leeks, 2
mixed salad greens, 13 ounces
onions, 2
peaches, 9

meat/fish/poultry

center-cut bacon
chicken breast cutlets, 8
cooked chicken breast, about 2 breast halves
flat-iron steak, 16 ounces

dairy

⅓-less-fat cream cheese, 2 ounces 2% reduced-fat milk
crumbled goat cheese, 4 ounces

grated fresh Parmesan cheese, 2 ounces
Gruyère cheese, 2 ounces
large eggs
light sour cream
mascarpone cheese
part-skim mozzarella cheese, 2 ounces
plain fat-free Greek yogurt, about 8 ounces
plain fat-free yogurt, 1 (6-ounce) container
reduced-fat sour cream, 1 (8-ounce) container

freezer

frozen puff pastry dough, 1 sheet

staples

brown sugar
canned quartered artichoke hearts
caraway seeds
crusty Chicago-style Italian bread, 8 (1-ounce) slices Dijon mustard
dry white wine
fat-free, lower-sodium beef broth
fat-free, lower-sodium chicken broth, 1 (32-ounce) carton ground cumin
hazelnuts, 1 ounce
honey
light raspberry vinaigrette
low-fat granola
marinara sauce
mixed pitted olives
multigrain cluster cereal
olive oil
orange marmalade
paprika
rice vinegar
sliced almonds, 2 ounces
sugar
white balsamic vinegar

miscellaneous

instant polenta

peach brandy

refrigerated country-style mashed potatoes, 1 (24-ounce) package refrigerated steam-in-bag cubed butternut squash, 1 (12-ounce) package toasted hazelnut oil

whole-wheat panko (Japanese breadcrumbs)

Tips

Why 2 kinds of SOUR CREAM? You can substitute one sour cream for the other; the nutritional results and the texture of your finished recipe may vary.

Look at the stem end of a PEACH to judge its ripeness: Those with a green tinge aren’t ready.

CHICKEN subs in for pork and veal in Schnitzel Chicken and Pan-Fried Slaw, page 304.

Weekly Meal Plan 10

Common ingredients in this planner are baby spinach, canned chickpeas, cilantro, heirloom tomatoes, green onions, nectarines, and pork tenderloin.

SHOPPING LIST

produce

baby spinach, 1 (5-ounce) package
baby watercress or baby arugula, 2 cups
fresh cilantro
fresh or frozen cranberries, 1 (10-ounce) package fresh mint
fresh sage
garlic
green onions, 1 bunch
heirloom tomatoes, 2 large, 3 medium
lemons, 5
lime, 1
nectarines, 5
okra pods, 1 pound
pickling cucumbers, 6
sweet onion, 1
Swiss chard, 1½ pounds

meat/fish/poultry

light smoked sausage, 4 ounces
lump crabmeat, 1 pound
pork tenderloins, 2 (1-pound) loins
salmon fillets, 4 (6-ounce) fillets

dairy

feta cheese with basil and sun-dried tomatoes, 3 ounces large eggs
paneer or queso blanco, 2 ounces
plain low-fat yogurt, 1 (6-ounce) container
shredded reduced-fat extra-sharp cheddar cheese, 3 ounces unsalted butter

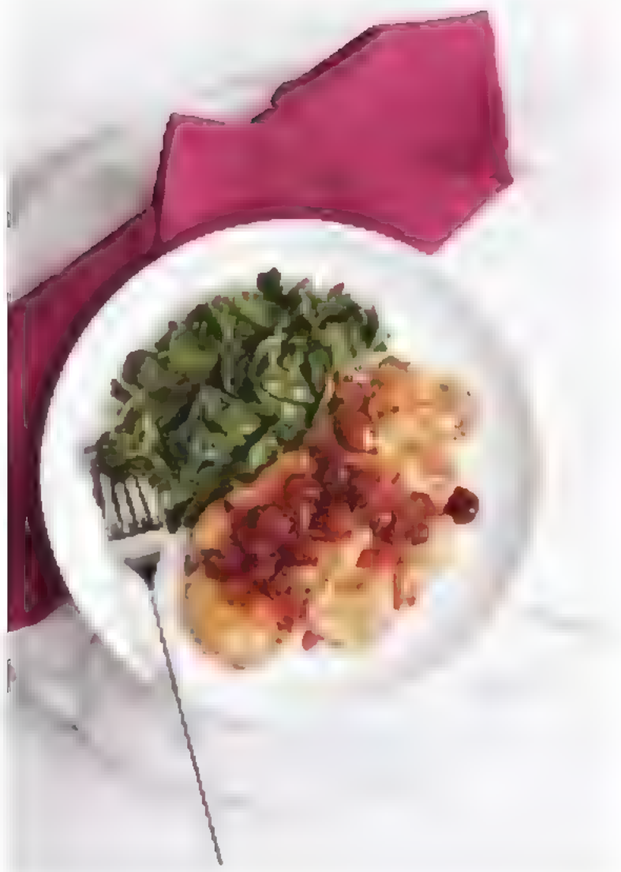
shredded reduced-fat extra-sharp cheddar cheese, 3 ounces unsalted butter

staples

apple jelly
balsamic vinegar
bottled chili sauce
brown sugar
canola mayonnaise
chickpeas, 2 (15-ounce) cans
cider vinegar
crushed red pepper
curry powder
fat-free, lower-sodium chicken broth
ground cumin
ground ginger
ground red pepper
ground turmeric
honey
kalamata olives
no-salt-added chickpeas, 2 (15-ounce) cans
quartered marinated artichoke hearts, 1 (6-ounce) jar refrigerated pie dough, 1 (14.1-ounce) package
refrigerated pizza crust dough, 1 (13.8-ounce) can smoked paprika
sugar
turbinado sugar
whole-grain baguette, 1 (8.5-ounce)
whole-wheat couscous

miscellaneous

dopiaza curry cooking sauce
roasted garlic onion jam
whole-grain naan, 1 (8.8-ounce) package
whole-wheat naan, 1 (9-ounce) package (2 naan)



Pork Medallions with Cranberry Sauce and Sautéed Swiss Chard

Pizza Dopiaza

Tandoori Salmon and Sautéed Okra

Pork and Onion Jam Sandwiches

Sausage Breakfast Braid and Heirloom Tomato and Nectarine Salad

Curried Hummus and Spicy Cilantro Naan Chips

Mediterranean Couscous Salad

Crab Louis Salad

Mini Nectarine Galettes

Tips

Why 2 kinds of NAAN? You can swap one for another; the nutrition in your finished dish may be different.

Pair NECTARINES with tomatoes in Sausage Breakfast Braid and Heirloom Tomato and Nectarine Salad, page 88.

CILANTRO can sometimes be sandy. Dunk it in a bowl of water until it’s grit-free, and then spin it dry.

Breakfasts to Go

Banana-Blueberry Smoothies

Whether you’re enjoying the paper or stuck in rush hour traffic, these protein-packed smoothies are sure to keep you satisfied all morning.

Prep: 5 minutes

1 cup frozen blueberries

1/2 cup silken tofu

2 tablespoons water

1 teaspoon vanilla extract

1 1/2 medium-sized ripe bananas, broken into pieces 1 (5.3-ounce) container plain fat-free Greek yogurt

1. Place all ingredients in a blender; process until smooth, scraping sides as necessary. Yield: 2 servings (serving size: 1 1/2 cups).

CALORIES 198; FAT 1.7g (sat 0g, mono 0.4g, poly 0.8g); PROTEIN 11.4g;

CARB 34.1g; FIBER 5g; CHOL 0mg; IRON 0.7mg; SODIUM 35mg; CALC 138mg

Cinnamon-Raisin Waffle Sandwich

The sweetened cream cheese spread is also delicious on other breakfast breads, such as bagels and toast.

Prep: 3 minutes • Cook: 10 minutes

1 (1.33-ounce) frozen multigrain waffle

2 tablespoons (1 ounce) $^{1}/_{3}$-less-fat cream cheese, softened

2 teaspoons brown sugar

$^{1}/_{4}$ teaspoon ground cinnamon

1 tablespoon raisins

1 tablespoon chopped walnuts, toasted

1. Toast waffle according to package directions.

2. Combine cream cheese, brown sugar, and cinnamon until well blended. Spread cream cheese mixture evenly over waffle. Sprinkle evenly with raisins and walnuts. Cut waffle in half. Sandwich waffle halves together with filling in center. Yield: 1 serving.

CALORIES 279; FAT 14.7g (sat 4.3g, mono 4.3g, poly 4.7g); PROTEIN 5.5g; CARB 34.8g; FIBER 4.3g; CHOL 21mg; IRON 1.4mg; SODIUM 260mg; CALC 70mg

Almond-Apricot Granola

Make this granola ahead, and store in an airtight container for a quick topping for oatmeal or yogurt, or for an on-the-go breakfast all by itself.

Prep: 6 minutes • Cook: 36 minutes

2 cups old-fashioned rolled oats

1 cup sliced almonds

$^1/_4$ cup honey

2 tablespoons canola oil

$^1/_4$ teaspoon ground cinnamon

$^1/_8$ teaspoon salt

Cooking spray

1 cup dried apricots, coarsely chopped

1. Preheat oven to 300°.

2. Combine oats and almonds in a large bowl. Combine honey and oil in a small

saucepan. Bring to a boil, stirring occasionally. Stir in cinnamon and salt; pour honey mixture over oat mixture, tossing until oats are thoroughly coated.

3. Spread oat mixture evenly onto a 17 x 12 x 1–inch pan coated with cooking spray. Bake at 300° for 35 to 38 minutes, stirring every 10 minutes, until granola is golden brown. Let cool on baking sheet. Stir in apricots. Store in an airtight container. Yield: 8 servings (serving size: about $^{1}/_{2}$ cup).

CALORIES 271; FAT 10.8g (sat 1.2g, mono 4.8g, poly 4.1g); PROTEIN 5.6g; CARB 39.8g; FIBER 4.7g; CHOL 0mg; IRON 2.5mg; SODIUM 40mg; CALC 44mg

Bagel Sandwich with Pears and Goat Cheese Spread

Prep: 6 minutes • Cook: 2 minutes

1/2 cup (4 ounces) goat cheese, crumbled 1/2 cup (4 ounces) 1/3-less-fat cream cheese, softened

2 tablespoons honey

1/3 cup chopped toasted walnuts

1 cinnamon-raisin swirl mini-bagel, halved and toasted

1/4 red Anjou pear, unpeeled and thinly sliced **1.** Combine first 3 ingredients in a small bowl. Stir in walnuts. Spread 1 tablespoon goat cheese spread evenly onto cut sides of bagel. Place pear slices on bottom half of bagel. Replace bagel top. Cover and chill remaining spread up to one week. Yield: 1 serving.

CALORIES 152; FAT 4.2g (sat 1.8g, mono 0.8g, poly 1.2g); PROTEIN 4.5g; CARB 25.5g; FIBER 2.5g; CHOL 7mg; IRON 1.3mg; SODIUM 128mg; CALC 24mg

Banana Bread Muffins

Wrap these muffins in plastic wrap, and freeze them in an airtight container. Take out what you need the night before, and let them thaw overnight in the refrigerator. Toast before serving.

Prep: 8 minutes • Cook: 25 minutes

Cooking spray
9 ounces all-purpose flour (about 2 cups)
1 cup sugar

1 teaspoon baking soda

$^1/_2$ teaspoon salt

2 large eggs

$1^1/_2$ cups mashed ripe banana (3 large) $^1/_3$ cup plain low-fat yogurt

$^1/_4$ cup canola oil

1. Preheat oven to 375°.
2. Place 16 paper muffin cup liners in muffin cups; coat liners with cooking

spray.

3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking soda, and salt in a medium bowl; make a well in center of mixture. Place eggs in a medium bowl; beat with a whisk. Add banana, yogurt, and oil, stirring with a whisk. Add egg mixture to flour mixture, stirring just until moist. Spoon batter into liners, filling three-fourths full.

4. Bake at 375° for 25 minutes or until muffins spring back when touched lightly in center. Remove muffins from pan, and cool on a wire rack. Yield: 16 servings (serving size: 1 muffin).

CALORIES 168; FAT 4.4g (sat 0.6g, mono 2.5g, poly 1.2g); PROTEIN 2.9g; CARB 29.8g; FIBER 1g; CHOL 27mg; IRON 0.9mg; SODIUM 165mg; CALC 16mg

Cappuccino–Chocolate Chip Muffins

Prep: 8 minutes • Cook: 20 minutes

Cooking spray

$1\frac{3}{4}$ cups low-fat baking mix

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup hot water

2 tablespoons instant espresso granules

$\frac{1}{4}$ cup canola oil

1 large egg

$\frac{1}{2}$ cup semisweet chocolate minichips

1. Preheat oven to 400°.
2. Place 12 paper muffin cup liners in muffin cups; coat liners with cooking spray.
3. Lightly spoon baking mix into dry measuring cups; level with a knife. Combine baking mix and sugar in a medium bowl; stir with a whisk. Make a well in center of mixture. Combine ½ cup hot water and coffee granules, stirring until coffee dissolves. Combine oil and egg, stirring with a whisk; stir in coffee mixture. Add coffee mixture to baking mix mixture, stirring just until moist. Stir in chocolate minichips.
4. Spoon batter into prepared liners. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on a wire rack. Serve warm. Yield: 12 servings (serving size: 1 muffin).

CALORIES 196; FAT 8.8g (sat 2.1g, mono 4.7g, poly 1.7g); PROTEIN 2.6g; CARB 27.2g; FIBER 0.4g; CHOL 15.5mg; IRON 0.7mg; SODIUM 196mg; CALC 92mg

Cherry Scones

You can replace half the flour in this recipe with white whole-wheat pastry flour if you'd like the extra benefits of whole grains.

Prep: 10 minutes • Cook: 20 minutes

9 ounces all-purpose flour (about 2 cups)

1/4 cup granulated sugar

1 1/2 teaspoons baking powder

1/4 teaspoon salt

1/4 cup chilled unsalted butter, cut into pieces 3/4 cup dried tart cherries, chopped

3/4 cup low-fat buttermilk

1/4 teaspoon almond extract (optional) Cooking spray

1 tablespoon turbinado sugar (optional)

1. Preheat oven to 425°.

2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder, and salt in a large bowl, stirring well with a whisk. Cut in butter using a pastry blender until mixture resembles coarse meal. Stir in cherries. Add buttermilk and almond extract, if desired, stirring just until moist.

3. Turn dough out onto a lightly floured surface; knead lightly 3 times with floured hands. Form dough into an 8-inch circle on a baking sheet coated with cooking spray. Cut dough into 10 wedges, cutting into but not through dough. Coat top of dough with cooking spray. Sprinkle with turbinado sugar, if desired.

4. Place baking sheet on rack in upper third of oven. Bake at 425° for 20 minutes or until golden. Yield: 10 servings (serving size: 1 scone).

CALORIES 191; FAT 5.1g (sat 3.1g, mono 1.3g, poly 0.3g); PROTEIN 3.5g; CARB 32.5g; FIBER 3.2g; CHOL 13mg; IRON 1.4mg; SODIUM 139mg; CALC 67mg

Chewy Date-Apple Bars

Try a combination of other fruits and nuts with the dates.

Prep: 5 minutes • Cook: 15 minutes

$2^{1}/_{2}$ cups whole pitted dates

1 cup dried apples

$^{1}/_{2}$ cup walnuts, toasted

$^{1}/_{2}$ cup old-fashioned rolled oats

$^{1}/_{4}$ teaspoon ground cinnamon

1. Preheat oven to 350°.

2. Place first 3 ingredients in food processor; process until fruit and nuts are finely chopped. Add oats and cinnamon; pulse 8 to 10 times or until moist and oats are chopped. Spoon mixture into a lightly greased 9 x 5–inch loaf pan, pressing into an even layer with plastic wrap.

3. Bake at 350° for 15 minutes. Cool completely in pan on a wire rack. Cut into 12 bars. Yield: 12 servings (serving size: 1 bar).

CALORIES 194; FAT 3.6g (sat 0.4g, mono 0.6g, poly 2.5g); PROTEIN 2.5g; CARB 41.9g; FIBER 4.5g; CHOL 0mg; IRON 0.9mg; SODIUM 67mg; CALC 25mg

Cranberry-Almond Cereal Bars

A creamy, sweet mix of almond butter and honey holds these bars together. Be sure to stir the almond butter before measuring it to reincorporate any oil that has separated.

Prep: 5 minutes • Cook: 14 minutes • Other: 1 hour and 15 minutes $^{1}/_{2}$ cup almond butter

$^{2}/_{3}$ cup honey

5 cups crispy wheat cereal squares

$^{3}/_{4}$ cup sweetened dried cranberries

$^{1}/_{2}$ cup slivered almonds, toasted Cooking spray **1.** Place almond butter and honey in a large Dutch oven. Bring to a boil over medium heat. Stir in cereal, cranberries, and almonds, tossing to coat. Spoon mixture into an 11 x 7–inch baking dish coated with cooking spray, pressing into an even layer with plastic wrap. Let stand 1 hour or until set. Cut into 12 bars. Yield: 12 servings (serving size: 1 bar).

CALORIES 268; FAT 9.2g (sat 0.9g, mono 5.6g, poly 2.1g); PROTEIN 5.3g; CARB 45g; FIBER 4.1g; CHOL 0mg; IRON 8.2mg; SODIUM 268mg; CALC 94mg

Citrus-Ginger Salad

For a light, refreshing breakfast at work, pack this salad in its own container, along with a container of low-fat cottage cheese or yogurt to add protein.

Prep: 6 minutes

2 medium navel oranges
1 medium red grapefruit
1 lime
2 tablespoons finely chopped crystallized ginger

1 tablespoon honey

1. Peel and section oranges and grapefruit over a medium bowl, reserving juice.

2. Grate 1 teaspoon rind and squeeze 1 tablespoon juice from lime. Add lime rind and lime juice to orange mixture. Add ginger and honey; toss gently. Chill until ready to serve. Yield: 3 servings (serving size: $^{1}/_{2}$ cup).

CALORIES 135; FAT 0.1g (sat 0g, mono 0g, poly 0g); PROTEIN 1.6g; CARB 34.7g; FIBER 3.4g; CHOL 0mg; IRON 0.4mg; SODIUM 4mg; CALC 79mg

Fig-Maple Drop Biscuits

Maple sugar is made from the sap of maple trees—the sap is boiled until nearly all the liquid is evaporated. Using a very sharp knife or kitchen shears will make chopping the dried figs easier.

Prep: 6 minutes • Cook: 16 minutes

10.1 ounces all-purpose flour (about 2¼ cups) ¾ cup maple sugar, divided

1 tablespoon baking powder

½ teaspoon salt

6 tablespoons chilled unsalted butter, cut into small pieces and divided ¾ cup fat-free milk

½ cup chopped dried Calimyrna figs (about 4 figs) **1.** Preheat oven to 400°.

2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, ½ cup plus 1 tablespoon maple sugar, baking powder, and salt in a large bowl. Cut in 5 tablespoons butter with a pastry blender or two knives until mixture resembles a coarse meal. Add milk and figs, stirring until a soft dough forms.

3. Drop dough by heaping spoonfuls into 12 mounds 2 inches apart on a

parchment paper–lined baking sheet. Melt 1 tablespoon butter; brush evenly over biscuits. Sprinkle biscuits evenly with 3 tablespoons maple sugar.

4. Bake at 400° for 16 minutes or until biscuits are golden. Yield: 12 servings (serving size: 1 biscuit).

CALORIES 189; FAT 6.1g (sat 3.7g, mono 1.5g, poly 0.3g); PROTEIN 3.2g; CARB 30.8g; FIBER 1.2g; CHOL 16mg; IRON 1.4mg; SODIUM 206mg; CALC 103mg

Go-Getter Green Smoothie

Loaded with fruit and packed with an extra boost of iron from spinach, this smoothie is a nutritious and sweet start to a busy day. Be sure to try it in the summer when ripe, sweet honeydew melon is available.

Prep: 5 minutes

1 cup ($^1/_2$-inch) cubes honeydew melon

1 cup bagged baby spinach

1 cup sliced ripe banana, frozen (about 1 large)

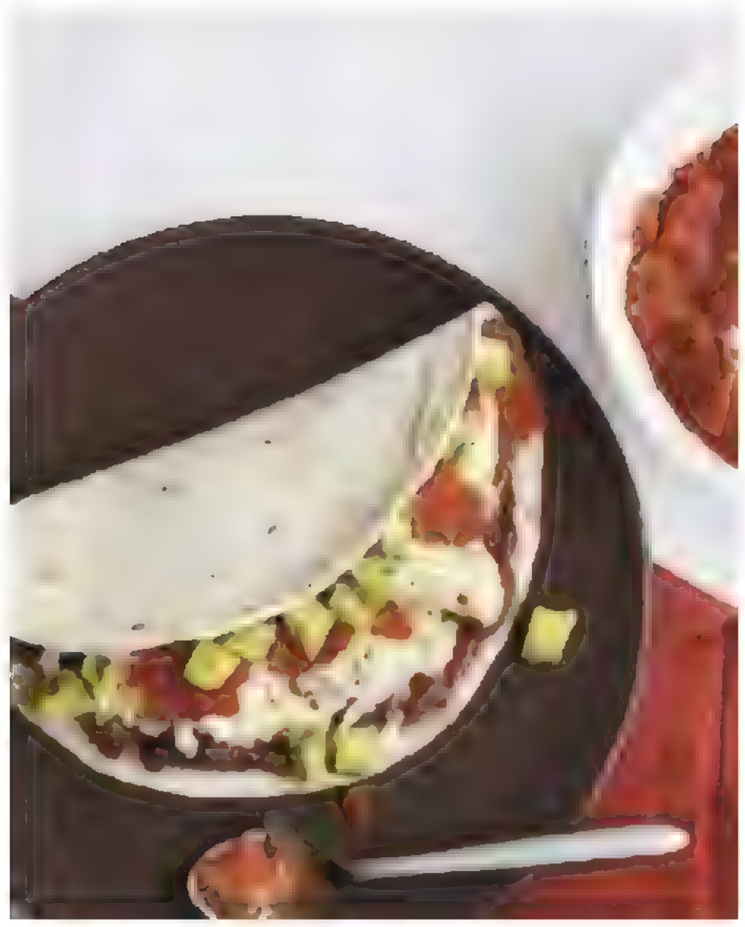
$^1/_2$ cup vanilla light soy milk

1 (5.3-ounce) container fat-free Greek yogurt with honey

1 cubed peeled kiwifruit

1. Place all ingredients in a blender. Process until smooth. Serve immediately. Yield: 2 servings (serving size: $1^1/_2$ cups).

CALORIES 224; FAT 1.1g (sat 0.2g, mono 0.2g, poly 0.5g); PROTEIN 9.4g; CARB 47.9g; FIBER 4.3g; CHOL 0mg; IRON 1mg; SODIUM 91mg; CALC 180mg



Huevos Rancheros Soft Tacos

Baleadas, a street food in Honduras, inspired these handheld, filled tortillas. Authentic baleadas use quesillo cheese, which can be hard to find; use Oaxaca cheese as a substitute.

Prep: 6 minutes • Cook: 2 minutes

2 large eggs

2 large egg whites

1/8 teaspoon freshly ground black pepper Cooking spray

1/2 cup fat-free refried black beans, warmed 2 (6-inch) flour tortillas, warmed

1/2 cup (2 ounces) shredded Oaxaca cheese 1/4 cup fresh salsa

1/4 cup diced peeled avocado

1. Combine first 3 ingredients in a small bowl, stirring with a whisk. Heat a medium skillet over medium heat. Coat pan with cooking spray. Add egg mixture; cook 1 minute or until soft-scrambled, stirring often.

2. Spread 1/4 cup beans over each tortilla; top evenly with scrambled egg mixture, and sprinkle evenly with cheese. Spoon salsa and avocado evenly over eggs. Fold tortillas over filling. Yield: 2 servings (serving size: 1 taco).

CALORIES 371; FAT 16.6g (sat 6.6g, mono 4.9g, poly 1.5g); PROTEIN 24.4g; CARB 30.7g; FIBER 5.7g; CHOL 227mg; IRON 3.4mg; SODIUM 819mg; CALC 303mg

Mediterranean Breakfast Sandwich

Prep: 6 minutes • Cook: 6 minutes

Cooking spray

1/4 cup chopped red bell pepper

2 tablespoons chopped frozen artichoke hearts, thawed

1 large egg

1 large egg white

1/2 teaspoon chopped fresh oregano

2 tablespoons crumbled feta cheese

1/2 cup fresh baby spinach leaves

1 whole-wheat pita half

1. Heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray. Add bell pepper; sauté 3 minutes. Add artichokes; sauté 1 minute or until thoroughly heated. Remove pepper mixture from pan. Wipe pan with paper towels. Coat pan with cooking spray.

2. Combine egg, egg white, and oregano in a small bowl, stirring with a whisk. Add egg mixture to pan; cook over medium heat 1 minute. Do not stir until mixture begins to set on bottom. Add pepper mixture and cheese. Draw a heat-resistant spatula through egg mixture to form large curds. Do not stir constantly. Cook just until egg mixture is thickened, but still moist.

3. Stuff spinach into pita half; add egg mixture. Yield: 1 serving.

CALORIES 253; FAT 10.7g (sat 4.6g, mono 3.4g, poly 1.2g); PROTEIN 16.7g; CARB 24.1g; FIBER 3.6g; CHOL 228mg; IRON 2.4mg; SODIUM 784mg; CALC 138mg

Mixed Berry, Flaxseed, and Yogurt Parfait

Layer this parfait in an insulated coffee mug before you head to work, and it will stay cold until you arrive.

Prep: 5 minutes

1/2 cup plain low-fat yogurt

2 tablespoons low-sugar strawberry preserves

1/4 teaspoon grated lemon rind

1/4 cup low-fat granola without raisins 1 tablespoon sliced almonds, toasted

1 tablespoon flaxseed meal

2/3 cup mixed fresh berries

1. Combine first 3 ingredients in a small bowl. Combine granola, almonds, and flaxseed meal in a separate small bowl. Spoon half of yogurt mixture into bottom of 1 (10-ounce) glass; top with half of granola mixture and ⅓ cup berries. Repeat layers with remaining yogurt mixture, granola mixture, and berries.
Yield: 1 serving.

CALORIES 321; FAT 9.1g (sat 1.7g, mono 3.3g, poly 2.2g); PROTEIN 11.2g; CARB 52.1g; FIBER 9.6g; CHOL 13mg; IRON 2.8mg; SODIUM 123mg; CALC 256mg

Morning Wheat Berry Salad

Cook the wheat berries for this whole-grain breakfast salad over the weekend so you can enjoy this dish throughout the week without much prep work.

Prep: 4 minutes • Cook: 1 hour • Other: 8 hours

1 cup uncooked wheat berries

1 cup plain low-fat yogurt

1/4 cup maple syrup

1 cup blueberries

1 cup sliced strawberries

1/2 cup sliced almonds, toasted (optional) **1.** Place wheat berries in a bowl; cover with water to 2 inches above berries. Cover and let stand 8 hours. Drain.

2. Place wheat berries in a medium saucepan; cover with water to 2 inches above berries. Bring to a boil; reduce heat, and cook, uncovered, 1 hour or until wheat berries are tender. Drain.

3. Combine yogurt and syrup in a large bowl, stirring with a whisk. Add wheat berries, blueberries, and strawberries; toss well. Sprinkle with almonds, if desired. Yield: 6 servings (serving size: 3/4 cup).

CALORIES 188; FAT 1.2g (sat 0.5g, mono 0.1g, poly 0.3g); PROTEIN 6.2g; CARB 40.5g; FIBER 5.1g; CHOL 3mg; IRON 0.3mg; SODIUM 31mg; CALC 82mg

Peanutty Granola Bars

Let the pineapple cool slightly before layering this tropical-inspired parfait.

Prep: 8 minutes • Cook: 25 minutes • Other: 1 hour

Cooking spray

2 cups old-fashioned rolled oats

1 cup unsalted, dry-roasted peanuts

1 cup flaked sweetened coconut

$^{2}/_{3}$ cup honey

$^{1}/_{4}$ cup creamy peanut butter

3 tablespoons canola oil

1. Preheat oven to 325°.
2. Coat an 11 x 7–inch baking dish with cooking spray.

3. Combine oats, peanuts, and coconut on a $17^1/_2$ x $12^1/_2$–inch pan. Bake at 325° for 15 minutes or until lightly toasted. Transfer oat mixture to a large bowl.

4. Combine honey, peanut butter, and oil in a small saucepan. Bring to a boil over medium heat, stirring occasionally; pour over oat mixture, stirring to coat. Pour mixture into prepared dish; place heavy-duty plastic wrap on surface of mixture, and press firmly to an even thickness.

5. Bake at 325° for 10 minutes or until golden brown. Cool 1 hour or until completely cool; cut into 16 bars. (Mixture will become firm when completely cool.) Yield: 16 bars (serving size: 1 bar).

CALORIES 211; FAT 12g (sat 3.2g, mono 5g, poly 2.9g); PROTEIN 4.6g; CARB 23.6g; FIBER 2.2g; CHOL 0mg; IRON 0.9mg; SODIUM 35mg; CALC 6mg

Pineapple Parfait

Prep: 4 minutes • Cook: 3 minutes

1 teaspoon butter

$^{2}/_{3}$ cup cubed fresh pineapple

1 tablespoon brown sugar

1 (6-ounce) carton vanilla fat-free Greek yogurt

1 tablespoon chopped macadamia nuts, toasted

1 tablespoon flaked sweetened coconut, toasted

1. Melt butter in a small nonstick skillet over medium-high heat. Add pineapple and brown sugar; cook 2 minutes or until pineapple is golden brown.

2. Layer half of yogurt in a small glass. Top with half of pineapple mixture. Repeat layers once. Sprinkle with nuts and coconut. Yield: 1 serving.

CALORIES 346; FAT 11.8g (sat 4.8g, mono 6.1g, poly 0.3g); PROTEIN 17.5g; CARB 44.8g; FIBER 2.7g; CHOL 10mg; IRON 0.7mg; SODIUM 145mg; CALC 33mg

Protein-Packed Oatmeal

Prep: 1 minute • Cook: 5 minutes

1/2 cup old-fashioned rolled oats

1/2 cup water

1/2 cup fat-free milk

1/8 teaspoon salt

2 teaspoons natural-style peanut butter

2 teaspoons honey

1/4 cup sliced banana

2 teaspoons chopped honey-roasted peanuts

1. Combine first 4 ingredients in a medium microwave-safe bowl. Microwave, uncovered, at MEDIUM 5 to 6 minutes or until liquid is absorbed. Stir in peanut butter and honey. Top with banana, and sprinkle with peanuts. Yield: 1 serving.

CALORIES 372; FAT 11.4g (sat 1.8g, mono 5g, poly 3.4g); PROTEIN 13.5g; CARB 56.9g; FIBER 6.1g; CHOL 2mg; IRON 2.2mg; SODIUM 406mg; CALC 156mg

Raisin Bran Muffins

Prepare this batter ahead, and keep it in your refrigerator for up to three days. Add six minutes of baking time if you're putting cold batter in the oven.

Prep: 7 minutes • Cook: 17 minutes • Other: 15 minutes

4.5 ounces all-purpose flour (about 1 cup)

$1\frac{1}{2}$ teaspoons baking soda

$\frac{1}{4}$ teaspoon salt

$1\frac{1}{4}$ cups fat-free milk

$\frac{1}{2}$ cup honey

2 tablespoons canola oil

1 large egg

2 cups wheat bran flakes cereal with raisins, crushed

$\frac{1}{2}$ cup golden raisins (optional)

Cooking spray

1. Preheat oven to 400°.

2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking soda, and salt in a large bowl, stirring with a whisk. Combine milk and next 3 ingredients in a medium bowl, stirring with a whisk. Stir in cereal. Add cereal mixture to flour mixture; stir just until moist. Fold in raisins, if desired. Let batter stand 15 minutes.

3. Spoon batter into 16 muffin cups coated with cooking spray. Bake at 400° for 17 minutes or until a wooden pick inserted in center comes out clean. Cool slightly on a wire rack. Serve warm. Yield: 16 servings (serving size: 1 muffin).

CALORIES 111; FAT 2.4g (sat 0.4g, mono 1g, poly 0.9g); PROTEIN 2.6g; CARB 21.2g; FIBER 1.1g; CHOL 14mg; IRON 2.2mg; SODIUM 204mg; CALC 31mg

Tropical Muesli

Make this muesli just before bedtime, and then top it with fruit on your way out the door the next morning.

Prep: 8 minutes • Other: 8 hours

$^{2}/_{3}$ cup light coconut milk

3 tablespoons honey

$1^{1}/_{4}$ cups unsweetened muesli

1 (6-ounce) container plain fat-free yogurt

1 cup chopped fresh pineapple

1 cup chopped peeled kiwifruit

1 cup chopped banana

1. Combine first 4 ingredients in a medium bowl, stirring well with a spoon. Cover and chill up to 8 hours. Stir in fruit just before serving. Yield: 4 servings (serving size: 1 cup).

CALORIES 288; FAT 4.6g (sat 0.5g, mono 2.1g, poly 1.4g); PROTEIN 8.2g; CARB 62.7g; FIBER 7.8g; CHOL 1mg; IRON 1.7mg; SODIUM 29mg; CALC

103mg

Vanilla-Berry Smoothie

Use a 6-ounce container of vanilla low-fat yogurt if you want a sweeter smoothie.

Prep: 3 minutes

1 (5.3-ounce) carton vanilla fat-free Greek yogurt

1 cup frozen mixed berries

$^1/_2$ cup fat-free milk

2 teaspoons honey

3 ice cubes

1. Place first 4 ingredients in a blender; process until smooth. Remove center cap from blender lid; with blender on, add ice cubes, 1 at a time, processing until smooth. Yield: 1 serving.

CALORIES 250; FAT 0.6g (sat 0.1g, mono 0.1g, poly 0.4g); PROTEIN 19.4g; CARB 45.9g; FIBER 4g; CHOL 2mg; IRON 0.4mg; SODIUM 118mg; CALC 174mg

Yogurt with Orange-Honey Figs

When fresh figs aren't in season, stir $^{1}/_{4}$ cup chopped dried figs into the yogurt with the orange marmalade. If you prefer a tangy taste to sweetness, use plain 2% reduced-fat Greek yogurt instead of vanilla.

Prep: 5 minutes

1 (6-ounce) container vanilla fat-free Greek yogurt

1 tablespoon orange marmalade

2 fresh figs, quartered

2 teaspoons chopped pistachios

2 teaspoons orange blossom honey

1. Combine yogurt and orange marmalade in a small bowl. Top with figs; sprinkle with pistachios, and drizzle with honey. Yield: 1 serving.

CALORIES 315; FAT 2.7g (sat 0.3g, mono 1.3g, poly 0.9g); PROTEIN 18g; CARB 58.2g; FIBER 3.6g; CHOL 0mg; IRON 0.7mg; SODIUM 88mg; CALC 49mg

Smoked Salmon Breakfast Sandwiches

If you enjoy the taste of bagels and lox, this sandwich will become a favorite. Smoked trout can stand in for the salmon.

Prep: 5 minutes • Cook: 2 minutes

2 tablespoons (1 ounce) light tub-style cream cheese with chives and onion 2 (1.5-ounce) bagel thins, toasted

1 (4-ounce) package cold-smoked salmon slices, halved

1/4 small red onion, cut vertically into thin slices 1 tablespoon chopped fresh dill

2 teaspoons drained capers

1/4 teaspoon freshly ground black pepper **1.** Spread 1 1/2 teaspoons cream cheese over cut side of each bagel half. Layer salmon, onion, dill, and capers evenly on bottoms of bagel thins. Sprinkle evenly with pepper. Cover with bagel thin tops. Yield: 2 servings (serving size: 1 sandwich).

CALORIES 201; FAT 5.5g (sat 1.9g, mono 1.8g, poly 0.7g); PROTEIN 15.6g; CARB 25.2g; FIBER 4g; CHOL 19.9mg; IRON 1.9mg; SODIUM 802mg; CALC 94mg

Breakfast Egg Salad Sandwiches

To shave time, purchase preboiled eggs. You can make this egg salad in advance for the week ahead.

Prep: 12 minutes

6 hard-cooked large eggs, chopped
6 hard-cooked large egg whites, chopped
1/4 cup canola mayonnaise
1/2 cup (2 ounces) shredded reduced-fat extra-sharp cheddar cheese 6 center-cut bacon slices, cooked and crumbled
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper 16 (0.7-ounce) slices whole-wheat bread

1. Combine all ingredients except bread. Spoon mixture evenly onto 8 bread slices. Top with remaining bread slices. Yield: 8 servings (serving size: 1 sandwich).

CALORIES 238; FAT 12.6g (sat 3.2g, mono 6g, poly 2.6g); PROTEIN 15.7g; CARB 21g; FIBER 6g; CHOL 152.7mg; IRON 5.2mg; SODIUM 609mg; CALC 154mg

Cornmeal Biscuit and Ham Sandwiches

Bake these small biscuits, and freeze them in an airtight container. Each morning, pull some out, reheat, and add ham.

Prep: 8 minutes • Cook: 12 minutes • Other: 5 minutes

8.5 ounces self-rising flour (about 2 cups)

1/2 cup yellow cornmeal

5 tablespoons chilled unsalted butter, cut into small pieces 3/4 cup fat-free buttermilk Cooking spray

6 ounces lower-sodium deli ham

3 tablespoons honey (optional)

1. Preheat oven to 450°.

2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and cornmeal in a medium bowl; cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Add buttermilk, stirring just until moist.

3. Turn dough out onto a lightly floured surface; knead lightly 5 or 6 times. Roll dough to a 1/2-inch thickness; cut with a 2-inch biscuit cutter into 18 biscuits. Place on a baking sheet coated with cooking spray. Coat tops of biscuits with cooking spray.

4. Bake at 450° for 12 minutes or until golden. Cool on pan 5 minutes. Cut biscuits in half horizontally. Top bottom halves of biscuits evenly with ham, and drizzle each with 1/2 teaspoon honey, if desired. Top with biscuit tops. Yield: 6 servings (serving size: 3 biscuits).

CALORIES 318; FAT 10.5g (sat 6.1g, mono 2.5g, poly 0.5g); PROTEIN 11.1g; CARB 43.2g; FIBER 1.4g; CHOL 38mg; IRON 2.4mg; SODIUM 774mg; CALC 139mg

Hearty Breakfast Bowl

One-bowl breakfasts are a popular freezer item. Here is a homemade mixture of hash browns, grits, eggs, ham, and cheese that’s sure to give you energy for the day ahead.

Prep: 1 minute • Cook: 11 minutes

$1^1/_2$ teaspoons canola oil

$^1/_2$ cup frozen Southern-style hash browns $^1/_2$ cup water

$2^1/_2$ tablespoons quick-cooking grits Dash of salt 1 large egg

1 large egg white

$^1/_8$ teaspoon freshly ground black pepper $^1/_4$ cup chopped lean ham

2 tablespoons shredded reduced-fat extra-sharp cheddar cheese **1.** Heat oil in a small skillet over medium-high heat. Add hash browns; cook 6 to 8 minutes or until browned. Reduce heat to low.

2. While hash browns cook, combine water, grits, and salt in a 4-cup glass measure. Microwave at HIGH 2 to 3 minutes or until thick, stirring after 2 minutes.

3. Combine egg, egg white, and pepper; stir well with a whisk until foamy. Add

egg mixture and ham to potatoes in pan. Cook 3 minutes or just until eggs are set, stirring occasionally. Spoon grits into a bowl; top with egg mixture, and sprinkle with cheese. Yield: 1 serving.

CALORIES 368; FAT 15.8g (sat 4.4g, mono 6.0g, poly 4.1g); PROTEIN 22g; CARB 33.7g; FIBER 1.8g; CHOL 234mg; IRON 2.2mg; SODIUM 664mg; CALC 132mg

Mexican Egg Sandwiches

Prep: 8 minutes • Cook: 7 minutes

1/4 pound Mexican chorizo

4 large egg whites, lightly beaten

2 large eggs, lightly beaten

2 tablespoons chopped fresh cilantro

4 whole-wheat English muffins, split and toasted

1/4 cup salsa verde

1/4 cup queso fresco, crumbled

1. Remove casing from chorizo. Cook chorizo in a large nonstick skillet over medium-high heat 5 minutes or until browned; stir to crumble. Drain well; return chorizo to pan.

2. Combine egg whites, eggs, and cilantro in a medium bowl, stirring with a whisk.

3. Add egg mixture to chorizo; cook over medium heat 2 minutes. Do not stir until mixture begins to set on bottom. Draw a heat-resistant spatula through egg mixture to form large curds. Do not stir constantly. Egg mixture is done when thickened, but still moist.

4. Spoon egg mixture evenly onto bottom half of each English muffin; top each with 1 tablespoon salsa verde and 1 tablespoon queso fresco. Top sandwiches with remaining 4 muffin halves. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 330; FAT 15.9g (sat 5.7g, mono 6.5g, poly 1.4g); PROTEIN 21.4g; CARB 25.8g; FIBER 3g; CHOL 136mg; IRON 2.5mg; SODIUM 795mg; CALC 122mg

Sausage Drop Scones

Precooked sausage is a time-saver in this recipe; simply chop the sausage, and add it to the dough along with the cheese. You can also use veggie sausage patties.

Prep: 10 minutes • Cook: 15 minutes

3 cups low-fat baking mix

$1^{1}/_{2}$ teaspoons freshly ground black pepper 2 tablespoons chilled butter, cut into small pieces

$^{3}/_{4}$ cup low-fat evaporated milk

4 fully cooked turkey sausage patties, chopped

$^{1}/_{2}$ cup (2 ounces) reduced-fat cheddar cheese with jalapeño peppers, shredded Cooking spray **1.** Preheat oven to 425°.

2. Combine baking mix and pepper in a large bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add milk, sausage, and cheese; stir until just moist. Drop dough by $^{1}/_{4}$ cupfuls onto a baking sheet lined with parchment paper. Coat dough with cooking spray.

3. Bake at 425° for 15 minutes or until scones are golden. Yield: 15 servings (serving size: 1 scone).

CALORIES 135; FAT 4.8g (sat 1.6g, mono 1.9g, poly 0.6g); PROTEIN 5.5g; CARB 18g; FIBER 0.7g; CHOL 15mg; IRON 1mg; SODIUM 376mg; CALC 186mg

Savory Loaded Oatmeal

Prep: 2 minutes • Cook: 5 minutes

1/2 cup old-fashioned rolled oats

1/2 cup water

1/2 cup fat-free milk

1/8 teaspoon salt

2 tablespoons reduced-fat shredded sharp cheddar cheese

1 teaspoon butter

1 center-cut bacon slice, cooked and crumbled

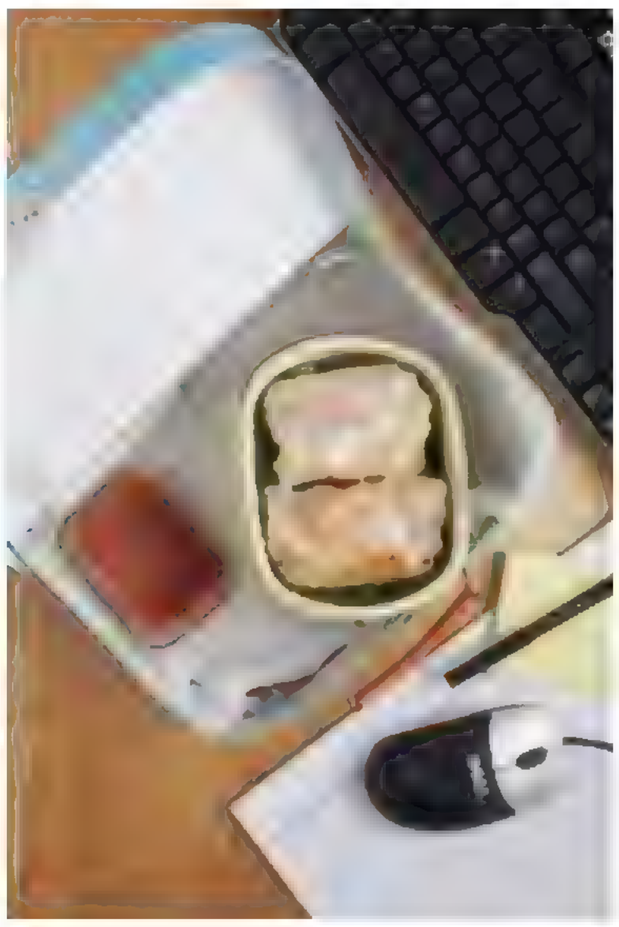
1 tablespoon chopped green onions (optional)

1. Combine first 4 ingredients in a medium microwave-safe bowl. Microwave at MEDIUM 5 to 6 minutes or until liquid is absorbed.

2. Add cheese, butter, and bacon, stirring until cheese and butter melt. Sprinkle with green onions, if desired. Yield: 1 serving.

CALORIES 291; FAT 11.3g (sat 5.5g, mono 3.5g, poly 1.4g); PROTEIN 14.7g; CARB 33.6g; FIBER 4g; CHOL 28mg; IRON 1.8mg; SODIUM 582mg; CALC 256mg

Portable Lunches



Thai Pork Roll-Ups

Look for rice paper at Asian markets or in the Asian ingredients section of the supermarket. If you can’t find it, substitute two whole-grain tortillas.

Prep: 10 minutes • Cook: 4 minutes

Cooking spray

1 (4-ounce) boneless center-cut loin pork chop, cut into 8 thin strips $^{1}/_{2}$ cup shredded napa (Chinese) cabbage

$^{1}/_{2}$ cup matchstick-cut carrots

2 tablespoons spicy peanut sauce

4 (8-inch) round sheets rice paper

2 tablespoons fresh cilantro leaves

2 tablespoons lightly salted peanuts

1. Heat a small nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork; sauté 3 minutes or until lightly browned. Remove from pan.

2. Combine cabbage, carrots, and peanut sauce in a medium bowl.

3. Pour hot water to a depth of 1 inch into a large shallow dish. Place 1 rice paper sheet in hot water; let stand 30 seconds or until softened. Remove rice paper from water; place on work surface. Arrange 2 pieces pork on one-half of rice paper sheet; top with one-fourth of cabbage mixture, 1½ teaspoons cilantro, and 1½ teaspoons peanuts. Fold sides over filling and roll up. Place roll in an airtight container. Repeat procedure with remaining rice paper sheets, pork, cabbage mixture, cilantro, and peanuts, placing rolls in a single layer in container. Cover and store in refrigerator until ready to serve. Yield: 2 servings (serving size: 2 roll-ups).

CALORIES 241; FAT 9.4g (sat 1.9g, mono 4g, poly 2.2g); PROTEIN 16.5g; CARB 22.3g; FIBER 1.7g; CHOL 33mg; IRON 0.7mg; SODIUM 339mg; CALC 30mg

Wrap the rolls individually in damp paper towels to keep them moist.

Black Bean Soup

Make this soup the night before, and pack it in a microwaveable container to heat up at work.

Prep: 5 minutes • Cook: 10 minutes

2 (15-ounce) cans lower-sodium black beans, rinsed and drained

$1^1/_2$ cups organic vegetable broth

$^1/_2$ cup fresh salsa

1 tablespoon fresh lime juice

1 teaspoon chopped chipotle chile, canned in adobo sauce

$^1/_2$ teaspoon ground cumin

2 tablespoons chopped fresh cilantro

$^1/_3$ cup queso fresco, crumbled

4 lime wedges

1. Place beans in a medium saucepan. Mash beans slightly with a potato masher. Stir in broth and next 4 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until thoroughly heated. Remove from heat; stir in cilantro. Ladle soup into bowls; sprinkle evenly with cheese. Serve with lime wedges. Yield: 4 servings (serving size: 1 cup soup, about 1 tablespoon cheese, and 1 lime wedge).

CALORIES 167; FAT 2.4g (sat 1.1g, mono 0.6g, poly 0.8g); PROTEIN 10.4g; CARB 29.8g; FIBER 7g; CHOL 7mg; IRON 3.3mg; SODIUM 492mg; CALC 143mg

Carry the cheese and lime wedges in a small separate container. Top your soup after it’s heated.

Curried Lentil and Rice Salad

The longer this salad sits, the longer the flavors have to develop and the rice has to soak up the dressing. The lentils are a refrigerated item located in the produce section of most supermarkets.

Prep: 5 minutes • Cook: 5 minutes

1 (8.5-ounce) package microwaveable precooked basmati rice

1 (17.63-ounce) package dried petite green lentils

1/2 cup golden raisins

1/2 cup thinly sliced red onion

1/4 cup pine nuts, toasted

2 tablespoons roasted-garlic rice vinegar

1 tablespoon curry powder

1/8 teaspoon salt

2 tablespoons extra-virgin olive oil

1. Microwave rice according to package directions; place in a large bowl. Add lentils and next 3 ingredients; toss gently.

2. Combine vinegar, curry powder, and salt in a small bowl. Slowly add oil, stirring with a whisk.

3. Pour dressing over rice mixture; toss gently. Serve immediately or cover and refrigerate 2 hours. Yield: 6 servings (serving size: 1 cup).

CALORIES 484; FAT 10.6g (sat 1.4g, mono 5.7g, poly 3.2g); PROTEIN 22.2g; CARB 78.9g; FIBER 15.2g; CHOL 0mg; IRON 6.6mg; SODIUM 150mg; CALC 59mg

Deviled Egg Salad with Pickled Jalapeños

If you'd like less heat, omit the Sriracha. You'll still get a bit of devilish kick from the mustard and jalapeño peppers.

Prep: 8 minutes

1/4 cup canola mayonnaise

2 tablespoons finely chopped pickled jalapeño pepper rings

1 tablespoon Creole mustard

1 teaspoon Sriracha (hot chile sauce)

1/4 teaspoon freshly ground black pepper

4 hard-cooked large eggs, peeled

4 Boston lettuce leaves

2 tablespoons chopped green onion tops

1. Combine first 5 ingredients in a medium bowl.

2. Slice eggs in half lengthwise; remove yolk. Finely chop egg white; press yolk through a sieve using the back of a spoon. Gently fold egg into mayonnaise

mixture. Top each lettuce leaf with about ¼ cup egg salad and 1½ teaspoons green onion tops. Yield: 2 servings (serving size: 2 filled lettuce leaves).

CALORIES 259; FAT 19.7g (sat 3.3g, mono 9.1g, poly 4.4g); PROTEIN 12.9g; CARB 3.9g; FIBER 0.7g; CHOL 424mg; IRON 1.6mg; SODIUM 601mg; CALC 60mg

switch it up

salad to open-faced sandwich:

Prepare egg salad as above. Top each of 2 slices country bread with a lettuce leaf; top each lettuce leaf with ¼ cup egg salad and 1½ teaspoons green onion tops. Yield: 2 open-faced sandwiches.

CALORIES 250; FAT 18.3g (sat 3.1g, mono 8.2, poly 5.1g); PROTEIN 13g; CARB 3.1g; FIBER 0.9g; CHOL 372mg; IRON 2.2mg; SODIUM 746mg; CALC 73mg

Feta-Chickpea Salad

Fresh herbs and lemon brighten canned chickpeas, a perfect protein-packed base for a meatless lunch. This salad is equally delicious chilled or at room temperature.

Prep: 7 minutes

1/2 cup chopped sun-dried tomatoes, packed without oil 1 1/2 tablespoons chopped fresh basil

1 1/2 tablespoons chopped fresh parsley

2 (16-ounce) cans chickpeas (garbanzo beans), rinsed and drained

2 ounces feta cheese, crumbled (1/2 cup) 1 small shallot, minced

2 tablespoons fresh lemon juice

1 1/2 tablespoons extra-virgin olive oil

1/4 teaspoon freshly ground black pepper

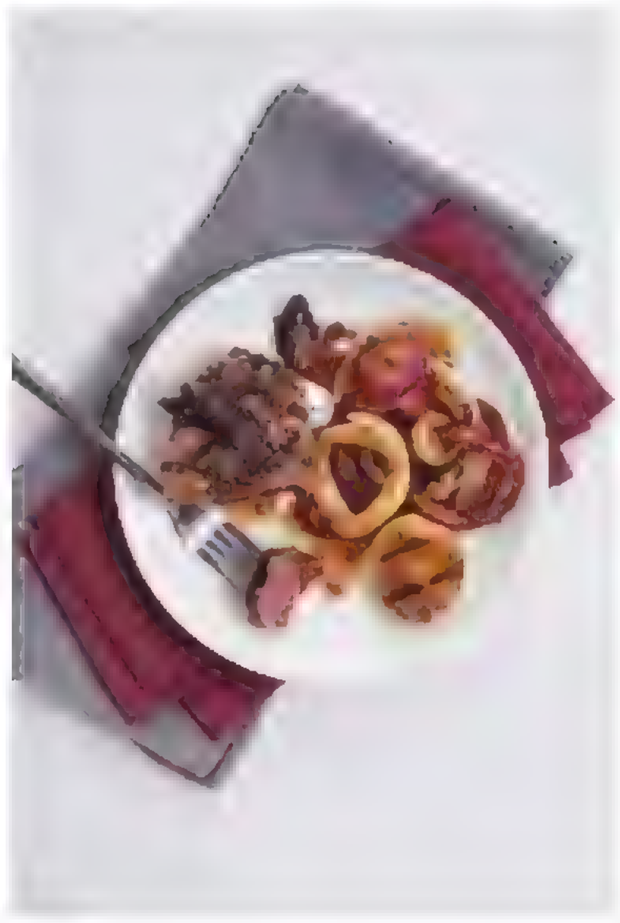
1. Combine first 6 ingredients in a medium bowl. Combine lemon juice, oil, and pepper in a small bowl; pour over chickpea mixture, tossing to coat. Serve immediately or refrigerate until ready to serve. Yield: 4 servings (serving size: 1 cup).

CALORIES 278; FAT 10g (sat 2.6g, mono 5g, poly 1.4g); PROTEIN 11.2g; CARB 38.6g; FIBER 7.5g; CHOL 10.4mg; IRON 3mg; SODIUM 559mg; CALC 99mg

use extra ingredients in

Sun-Dried Tomatoes Arugula, White Bean, and Sun-Dried Tomato Cream Quesadillas

Feta Cheese Mediterranean Couscous Salad



Shallots [Beef Tenderloin with Peppery Fig-Port Sauce]

Leek and Potato Soup

For the best results, use just the white portion of leeks; it has the mildest flavor. Avoid slicing too far into the green part, which can make the soup bitter.

Prep: 6 minutes • Cook: 26 minutes

2 leeks

1 (24-ounce) package refrigerated country-style mashed potatoes

2 center-cut bacon slices

1 cup fat-free, lower-sodium chicken broth, divided

1/4 teaspoon salt

2 cups 2% low-fat milk

1/4 teaspoon freshly ground black pepper

1. Remove roots, outer leaves, and tops from leeks, leaving only white part of leeks. Cut white part of leeks in half lengthwise. Cut crosswise into ½-inch-thick slices to measure 1 cup. Rinse with cold water; drain.

2. Microwave potatoes according to package directions.

3. While potatoes heat, cook bacon in a large saucepan over medium heat until crisp. Remove bacon from pan; crumble. Add leek to drippings in pan; sauté 3 minutes, adding 2 tablespoons broth to prevent sticking. Sauté 4 minutes or until tender.

4. Stir in remaining broth, scraping pan to loosen browned bits. Stir in potatoes and salt. Gradually add milk, stirring until smooth. Cook, uncovered, over medium heat 10 minutes or until thoroughly heated, stirring occasionally. Stir in pepper. Ladle soup into 4 bowls; sprinkle with crumbled bacon. Yield: 4 servings (serving size: 1½ cups soup and 1 tablespoon bacon).

CALORIES 242; FAT 6.3g (sat 3.4g, mono 1.7g, poly 0.4g); PROTEIN 9.2g; CARB 37.2g; FIBER 3.6g; CHOL 20.4mg; IRON 1.5mg; SODIUM 554mg; CALC 173mg serve with

Mixed Greens with Hazelnut-Herb Vinaigrette

Prep: 9 minutes • Cook: 5 minutes

1 (5-ounce) package mixed salad greens

¾ cup grape tomatoes, halved

½ cup drained canned quartered artichoke hearts ¼ cup torn fresh mint leaves (optional)

2 tablespoons white balsamic vinegar

1 tablespoon toasted hazelnut oil

1 teaspoon Dijon mustard

1 teaspoon honey

⅛ teaspoon salt

⅛ teaspoon freshly ground black pepper

2 tablespoons chopped hazelnuts, toasted

1. Combine first 3 ingredients and mint, if desired, in a large bowl. Combine balsamic vinegar and next 5 ingredients in a small bowl, stirring with a whisk.

2. Drizzle greens mixture with dressing, and sprinkle with toasted nuts. Yield: 4 servings (serving size: 1½ cups).

CALORIES 87; FAT 5.7g (sat 0.4g, mono 4.4g, poly 0.8g); PROTEIN 1.9g; CARB 8g; FIBER 1.5g; CHOL 0mg; IRON 0.9mg; SODIUM 182mg; CALC 9mg

Lentil Salad

This salad gets better as it marinates, so lunch will be twice as good the second day. Purchase romaine hearts and precrumbled cheese to reduce the prep time.

Prep: 9 minutes

1 (17.63-ounce) package steamed ready-to-eat lentils

1 (9.5-ounce) jar pimientos del piquillo peppers, drained and chopped $^{1}/_{3}$ cup light balsamic and basil vinaigrette

$^{1}/_{4}$ cup sliced green onions

2 tablespoons chopped fresh parsley

$^{1}/_{4}$ teaspoon freshly ground black pepper

1 small garlic clove, minced

4 romaine lettuce leaves

$^{1}/_{4}$ cup (1 ounce) crumbled goat cheese

1. Combine lentils, peppers, and next 5 ingredients in a medium bowl; toss gently to coat. Serve at room temperature or cover and chill. Serve on lettuce-lined plates; sprinkle with cheese. Yield: 4 servings (serving size: 1 lettuce leaf,

1 cup lentil mixture, and 1 tablespoon cheese).

CALORIES 228; FAT 5.6g (sat 1.4g, mono 1.4g, poly 2g); PROTEIN 12.9g; CARB 32g; FIBER 10.6g; CHOL 3mg; IRON 4.6mg; SODIUM 636mg; CALC 48mg

To keep the lettuce leaves crisp, wrap them in plastic wrap and package them separately from the lentil salad.

use extra romaine in

Black and Blue Salad

Cranberry-Orange Turkey Salad Sandwiches

Steak Taco Salad with Black Bean–Corn Relish

Mediterranean Couscous Salad

Perfect for a picnic or lunch at your desk, this flavorful salad needs nothing more than a few crunchy crackers on the side and a piece of fruit.

Prep: 4 minutes • Cook: 3 minutes • Other: 5 minutes

1 cup uncooked whole-wheat couscous

1 (6-ounce) jar quartered marinated artichoke hearts, undrained

1 cup coarsely chopped fresh baby spinach

1/4 cup prechopped green onions

3 tablespoons sliced kalamata olives

1/2 teaspoon freshly ground black pepper

3/4 cup (3 ounces) crumbled feta cheese with basil and sun-dried tomatoes, divided

4 lemon wedges

1. Prepare couscous according to package directions, omitting salt and fat.

2. Drain artichokes, reserving marinade. Coarsely chop artichokes. Combine chopped artichokes and reserved marinade in a medium bowl. Add hot couscous, spinach, and next 3 ingredients, tossing gently to slightly wilt spinach. Add ½ cup cheese; toss well. Sprinkle servings with remaining feta cheese, and garnish with lemon wedges. Yield: 4 servings (serving size: about 1¼ cups salad, about 1 tablespoon cheese, and 1 lemon wedge).

CALORIES 228; FAT 7.9g (sat 2.2g, mono 3.7g, poly 0.8g); PROTEIN 9.4g; CARB 35.3g; FIBER 7.1g; CHOL 12.5mg; IRON 1.5mg; SODIUM 390mg; CALC 78mg

use extra spinach in

Turkey-Hummus Pitas

[Baked Eggs with Spinach and Goat Cheese]

[Go-Getter Green Smoothie]

Peanut-Sesame Noodles

While the noodles cook, make the sauce and put the veggies in a bowl. Once the noodles are done, toss everything together, and you're ready to serve lunch. This dish is typically served chilled, but it's just as tasty at room temperature. You can substitute spaghetti or linguine for the soba noodles.

Prep: 4 minutes • Cook: 13 minutes

1/4 pound dried soba noodles

Peanut-Sesame Sauce

1/3 cup julienne-cut pickling cucumber

1/4 cup matchstick-cut carrots

2 tablespoons presliced green onions

1 teaspoon sesame seeds (optional)

1. Cook soba noodles according to package directions.

2. While noodles cook, prepare Peanut-Sesame Sauce.

3. Drain noodles, and rinse under cold, running water. Drain. Combine noodles, cucumber, carrots, and green onions in a medium bowl. Drizzle with Peanut-

Sesame Sauce; toss gently to coat. Serve at room temperature, or cover and chill. Garnish with sesame seeds, if desired. Yield: 2 servings (serving size: 1¼ cups).

CALORIES 306; FAT 9.6g (sat 1.5g, mono 4.2g, poly 3.5g); PROTEIN 8.8g; CARB 48.3g; FIBER 4.1g; CHOL 0mg; IRON 1.6mg; SODIUM 339mg; CALC 27mg Peanut-Sesame Sauce

Prep: 3 minutes

1 tablespoon creamy peanut butter
1 tablespoon lower-sodium soy sauce
2 teaspoons dark sesame oil

2 teaspoons seasoned rice vinegar

⅛ teaspoon crushed red pepper
½ small garlic clove, minced

1. Combine all ingredients in a small bowl, stirring with a whisk until smooth. Yield: 2 servings (serving size: about 1½ tablespoons).

CALORIES 98; FAT 8.6g (sat 1.5g, mono 3.7g, poly 3g); PROTEIN 2.6g; CARB 3.4g; FIBER 0.5g; CHOL 0mg; IRON 0.2mg; SODIUM 331mg; CALC 6mg

Six Bean Salad

Here’s the perfect meatless main-dish salad; it’s simple, quick, and nutritious, thanks to a vacuum-packed medley of beans. Add chopped cooked chicken for a heartier salad, if you like.

Prep: 7 minutes

2 tablespoons extra-virgin olive oil

2 tablespoons fresh lemon juice

$^1/_4$ teaspoon salt

$^1/_4$ teaspoon freshly ground black pepper

1 (12.3-ounce) package six bean medley

$^1/_2$ cup refrigerated prechopped celery, onion, and bell pepper mix 2 tablespoons finely chopped fresh parsley

2 teaspoons finely chopped fresh rosemary

3 tablespoons crumbled goat cheese with herbs

1. Combine first 4 ingredients in a medium bowl, stirring with a whisk. Add bean medley and next 3 ingredients, tossing to coat. Top servings evenly with

cheese. Yield: 3 servings (serving size: ¾ cup salad and 1 tablespoon cheese).

CALORIES 275; FAT 14.3g (sat 4g, mono 8.1g, poly 1.3g); PROTEIN 10.5g; CARB 32.4g; FIBER 6.4g; CHOL 7mg; IRON 2.5mg; SODIUM 388mg; CALC 45mg

use extra fresh parsley in

Mediterranean Hash Brown Cakes with Olive-Tomato Topping

Lemon-Artichoke Spread with Spicy Pita Crisps

Grilled Spiced Lamb Chops with Chickpea Relish

White Bean–Tomato Soup

A sprinkle of crisp bacon bits offers the crowning touch to this soup. However, you can omit the bacon and sauté the onion in olive oil for a meatless main-dish soup.

Prep: 2 minutes • Cook: 13 minutes

4 lower-sodium bacon slices, each cut into 4 pieces
1 cup chopped onion

2 cups lower-sodium vegetable juice

$^{1}/_{4}$ teaspoon freshly ground black pepper

1 (14-ounce) can diced tomatoes with basil, garlic, and oregano, undrained 2 (15-ounce) cans no-salt-added cannellini beans, rinsed, drained, and divided **1.** Cook bacon in a large saucepan over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; crumble bacon and set aside. Add onion to drippings in pan; sauté 3 minutes or until lightly browned. Add vegetable juice, pepper, tomatoes, and 1 can of beans. Bring to a simmer; cook 5 minutes or until thoroughly heated, stirring occasionally.

2. Place half of tomato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth; pour into a

bowl. Repeat procedure with remaining half of tomato mixture. Stir remaining can of beans into puréed soup. Ladle soup into bowls; top with crumbled bacon. Yield: 4 servings (serving size: 1½ cups soup and 2 teaspoons bacon).

CALORIES 226; FAT 4.1g (sat 1.5g, mono 1.4g, poly 0.8g); PROTEIN 11.6g; CARB 35.3g; FIBER 8g; CHOL 5mg; IRON 3.2mg; SODIUM 610mg; CALC 79mg serve with

Goat Cheese Toast

Prep: 5 minutes • Cook: 1 minute

¼ cup (2 ounces) goat cheese

2 teaspoons butter, softened

4 (1-ounce) slices diagonally cut French bread baguette

¼ teaspoon freshly ground black pepper

2 tablespoons chopped fresh basil

1. Preheat broiler.

2. Combine cheese and butter in a small bowl, stirring until smooth. Spread cheese mixture evenly over bread slices. Place bread slices on a baking sheet.

3. Broil 1 minute or just until bubbly. Sprinkle toast with pepper and basil. Serve immediately. Yield: 4 servings (serving size: 1 slice).

CALORIES 138; FAT 5.4g (sat 3.4g, mono 1.3g, poly 0.4g); PROTEIN 6g; CARB 16.3g; FIBER 0.7g; CHOL 11.6mg; IRON 1.4mg; SODIUM 215mg; CALC 36mg

Asian Fresh Tuna Salad

Alongside this salad, fill your lunchbox with rice crackers, fresh fruit, and sparkling water for a truly enjoyable meal. For the best flavor, pack the radishes separately and serve them on the side.

Prep: 5 minutes • Cook: 6 minutes

1 pound tuna steak (1 inch thick)

Cooking spray

1/4 cup light sesame-ginger dressing

1 tablespoon fresh lime juice

2 teaspoons wasabi paste

1/4 teaspoon freshly ground black pepper

1/8 teaspoon salt

3/4 cup refrigerated shelled edamame (green soybeans) 1/3 cup finely chopped red onion

3 radishes, sliced

12 rice crackers

2 lime wedges

3 lime wedges

1. Heat a medium well-seasoned cast-iron skillet over medium-high heat until very hot. Coat tuna with cooking spray. Add tuna to pan. Cook 2 minutes on each side or to desired degree of doneness.

2. While tuna cooks, combine dressing, lime juice, and wasabi paste in a large bowl, stirring with a whisk. Break tuna into chunks in a bowl; sprinkle with pepper and salt.

3. Add tuna, edamame, and onion to dressing in bowl; toss gently to coat. Serve immediately, or cover and chill. Serve with radishes, rice crackers, and lime wedges. Yield: 3 servings (serving size: $1\frac{1}{3}$ cups salad, 1 sliced radish, 4 rice crackers, and 1 lime wedge).

CALORIES 250; FAT 3.6g (sat 0.4g, mono 1g, poly 1.1g); PROTEIN 30.2g; CARB 20.7g; FIBER 3.4g; CHOL 51mg; IRON 1.5mg; SODIUM 394mg; CALC 43mg

salad to sandwich:

Spoon the tuna mixture into a lettuce-lined pita half just before serving to prevent soggy bread.

CALORIES 388; FAT 11g (sat 2.1g, mono 3.2, poly 3.2g); PROTEIN 41.7g; CARB 27g; FIBER 3.9g; CHOL 57.5mg; IRON 3.7mg; SODIUM 603mg; CALC 60mg

Barbecue Chicken Banh Mi

Here, *banh mi*, the popular Vietnamese street food, becomes a flavor-packed lunch.

Prep: 5 minutes • Cook: 5 minutes

1/2 cup rice vinegar

1 tablespoon sugar

1/8 teaspoon kosher salt

1 1/2 cups thinly sliced English cucumber (about 1 medium) 1 (8.5-ounce) soft French bread baguette

2 cups shredded skinless, boneless rotisserie chicken

1/3 cup Asian barbecue sauce

1/4 cup jalapeño pepper slices (about 2 peppers)

16 fresh cilantro leaves

1. Preheat oven to 400°.

2. Combine first 3 ingredients in a medium bowl, stirring to dissolve. Add

cucumber; toss gently.

3. Place baguette directly on oven rack. Bake at 400° for 5 minutes or until crusty. Cut 1 inch off each end of baguette, reserving ends for another use. Cut baguette in half lengthwise. Hollow out top and bottom halves of bread, leaving a ½-inch-thick shell; reserve torn bread for another use. Brush top half of bread with 2 tablespoons vinegar mixture. Top bottom half of bread with cucumber slices.

4. Combine chicken and barbecue sauce; spread chicken mixture over cucumber slices on bottom half of bread. Top with jalapeño slices, cilantro leaves, and top half of bread. Cut sandwich crosswise into 4 pieces. Yield: 4 servings (serving size: 1 piece).

CALORIES 341; FAT 5.9g (sat 1.5g, mono 2.5g, poly 0.9g); PROTEIN 24.9g; CARB 48.1g; FIBER 1.4g; CHOL 68mg; IRON 3.1mg; SODIUM 870mg; CALC 38mg

Chicken Tortilla Soup

Chicken cooked at home is a healthier, lower-sodium option over rotisserie chicken. This soup puts leftover cooked chicken to good use.

Prep: 3 minutes • Cook: 10 minutes

1 teaspoon olive oil

1/2 cup chopped onion

1 garlic clove, minced

1 cup fat-free, lower-sodium chicken broth

1 cup water

2 cups shredded cooked chicken

2 tablespoons fresh lime juice

1/4 teaspoon chipotle chile powder

1 (10-ounce) can diced tomatoes and green chiles, undrained

1/4 cup tortilla strips

1. Heat oil in medium saucepan over medium-high heat. Add onion and garlic; sauté 3 minutes or until tender. Add broth and next 5 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes. Ladle soup into 3 bowls, and sprinkle with tortilla strips. Yield: 3 servings (serving size: about $1\frac{1}{3}$ cups soup and about 1 tablespoon tortilla strips).

CALORIES 280; FAT 8.4g (sat 1.4g, mono 3.6g, poly 2.3g); PROTEIN 31.4g; CARB 17.7g; FIBER 2.3g; CHOL 79.3mg; IRON 1.5mg; SODIUM 665mg; CALC 44mg

Pack the soup in an airtight container. Keep the tortilla strips in a separate container, and top your soup after it's heated.

Chickpea, Fennel, and Olive Chicken Salad

This Mediterranean-inspired salad showcases fresh fennel, olives, and protein-packed chickpeas tossed with a simple vinaigrette of lemon juice and olive oil.

Prep: 15 minutes

1 tablespoon lemon juice

1 tablespoon olive oil

1/2 teaspoon freshly ground black pepper

1/4 teaspoon salt

2 1/4 cups finely chopped fennel bulb (1 medium) 1 1/2 cups chopped rotisserie chicken breast

1/2 cup chopped radishes (6 radishes) 1/3 cup chopped pitted kalamata olives 1/4 cup chopped fresh parsley

2 navel oranges, peeled and chopped

1 (16-ounce) can chickpeas (garbanzo beans), rinsed and drained

1. Combine first 4 ingredients in a medium bowl, stirring with a whisk. Add fennel and remaining ingredients; toss well. Yield: 5 servings (serving size:

about 1⅓ cups).

CALORIES 194; FAT 7.6g (sat 1g, mono 4.6g, poly 0.8g); PROTEIN 15.2g; CARB 18g; FIBER 4.7g; CHOL 35mg; IRON 1.5mg; SODIUM 576mg; CALC 69mg

use extra ingredients in

Radishes Asian Fresh Tuna Salad

Kalamata Olives Goat Cheese–Stuffed Piquillo Peppers

Navel Oranges [Ladyfingers with Mascarpone Cream and Fresh Orange Sauce]

Cranberry-Orange Turkey Salad Sandwiches

Leftover turkey gets a makeover with grated orange rind, cranberries, almonds, and ginger.

Prep: 7 minutes • Cook: 5 minutes

1/2 cup plain fat-free Greek yogurt

1 teaspoon grated orange rind

1 teaspoon grated peeled fresh ginger

1/2 teaspoon salt

2 cups chopped cooked turkey breast

1/3 cup dried cranberries

1/4 cup sliced almonds, toasted

8 (1-ounce) slices 100% whole-wheat bread

4 romaine lettuce leaves

1. Combine first 4 ingredients in a medium bowl. Add turkey, cranberries, and almonds, tossing to coat.

2. Top each of 4 bread slices with 1 lettuce leaf and ½ cup turkey salad. Cover with remaining bread slices. Cut sandwiches in half diagonally. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 320; FAT 5.4g (sat 0.8g, mono 2.8g, poly 1.2g); PROTEIN 32.8g; CARB 35.4g; FIBER 5.7g; CHOL 59mg; IRON 3mg; SODIUM 608mg; CALC 114mg

switch it up

sandwich to salad:

Prepare the turkey salad through step 1. Increase romaine lettuce leaves to 8, and arrange 2 lettuce leaves on each of four plates. Top each plate with ½ cup turkey salad. Yield: 4 salads.

CALORIES 331; FAT 5.5g (sat 0.4g, mono 2.4g, poly 1.8g); PROTEIN 33.2g; CARB 37.7g; FIBER 5.5g; CHOL 64.1mg; IRON 3mg; SODIUM 619mg; CALC 169mg

Creamy Chicken Noodle Soup

A bit of flour mixed with broth replaces cream to give this comforting soup its luscious texture.

Prep: 4 minutes • Cook: 24 minutes

1 tablespoon olive oil

1/2 cup chopped carrot

1 (8-ounce) container refrigerated prechopped celery, onion, and bell pepper mix

2 tablespoons all-purpose flour

1 (32-ounce) carton fat-free, lower-sodium chicken broth, divided

1 cup water

2 cups pulled skinless, boneless rotisserie chicken breast

2 cups uncooked whole-grain extra-wide noodles

1/2 teaspoon freshly ground black pepper

Chopped fresh parsley (optional)

1. Heat oil in a Dutch oven over medium-high heat. Add carrot and celery mix; cook 8 minutes, stirring frequently, until tender.

2. While vegetables cook, combine flour and 3 tablespoons broth in a small bowl, stirring with a whisk until smooth.

3. Add remaining broth, water, and chicken to vegetables. Bring to a boil; add noodles, and boil 7 minutes or until noodles are tender.

4. Stir flour mixture with a whisk until smooth; add to soup. Cook, stirring constantly, 3 minutes or until soup is slightly thickened. Stir in pepper. Garnish with chopped fresh parsley, if desired. Yield: 6 servings (serving size: 1 cup).

CALORIES 163; FAT 4.2g (sat 0.7g, mono 2.4g, poly 0.6g); PROTEIN 18.2g; CARB 14.5g; FIBER 2.3g; CHOL 42mg; IRON 0.9mg; SODIUM 619mg; CALC 25mg

Lemon-Dill Chicken Salad

Serve this salad as a sandwich or on top of mixed greens for a great lunch.

Prep: 15 minutes

2 lemons

1/2 cup canola mayonnaise

1 tablespoon chopped fresh dill or fresh tarragon

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

3 cups finely chopped cooked chicken breast

1/2 cup chopped celery

1/2 cup finely chopped onion

2 tablespoons slivered almonds, toasted

1. Grate 2 teaspoons rind and squeeze 3 tablespoons juice from lemons. Combine rind, juice, mayonnaise, and next 3 ingredients in a large bowl. Add chicken and remaining ingredients; toss gently. Cover and chill until ready to serve. Yield: 7 servings (serving size: ½ cup).

CALORIES 232; FAT 15.7g (sat 1.8g, mono 8.2g, poly 4.1g); PROTEIN 19.2g; CARB 2.4g; FIBER 0.6g; CHOL 57mg; IRON 0.8mg; SODIUM 249mg; CALC 21mg

salad to sandwich:

Prepare the chicken salad as instructed. Split one whole-wheat sandwich thin. Top the bottom half of the sandwich thin with ½ cup of chicken salad (cover and chill remaining chicken salad for later use). Cover with top of sandwich thin. Yield: 1 sandwich.

CALORIES 332; FAT 16.7g (sat 1.3g, mono 9.3g, poly 4.7g); PROTEIN 24.2g; CARB 23.3g; FIBER 5.6g; CHOL 56.7mg; IRON 1.8mg; SODIUM 468mg; CALC 61mg

Turkey, Apricot, and Pistachio Salad

Smoked turkey, sweet dried apricots, and meaty pistachios provide the backbone to this light yet filling salad. Fresh thyme, citrus, and naturally sweet rice vinegar marry beautifully as a light vinaigrette to add subtle flavor without overpowering the star ingredients.

Prep: 9 minutes

Lemon-Thyme Vinaigrette

1 (5-ounce) package gourmet salad greens (7 cups)

$1\frac{1}{2}$ cups coarsely chopped deli smoked turkey breast (8 ounces) $\frac{1}{3}$ cup chopped dried apricots

$\frac{1}{4}$ cup chopped pistachios

1. Prepare Lemon-Thyme Vinaigrette.

2. Place greens and remaining 3 ingredients in a large bowl; drizzle with vinaigrette, and toss well. Yield: 4 servings (serving size: 2 cups).

CALORIES 242; FAT 13.4g (sat 1.9g, mono 6.9g, poly 3.9g); PROTEIN 19.1g; CARB 12.7g; FIBER 2.5g; CHOL 43mg; IRON 2mg; SODIUM 595mg; CALC 30mg Lemon-Thyme Vinaigrette

Prep: 4 minutes

3 tablespoons rice vinegar

2 tablespoons canola oil

1 tablespoon fresh lemon juice

1 teaspoon honey

1/2 teaspoon Dijon mustard

1/2 teaspoon chopped fresh thyme

1/4 teaspoon freshly ground black pepper

1. Combine all ingredients, stirring with a whisk. Yield: 4 servings (serving size: 4 teaspoons).

CALORIES 70; FAT 7g (sat 0.5g, mono 4.4g, poly 2g); PROTEIN 0.1g; CARB 2.1g; FIBER 0.1g; CHOL 0mg; IRON 0.1mg; SODIUM 16mg; CALC 2mg

Turkey-Hummus Pitas

Extra hummus can become an afternoon snack with whole-wheat crackers, carrot sticks, or other fresh vegetables. Store the hummus in the refrigerator in an airtight container for up to a week.

Prep: 12 minutes

1/2 cup Herbed Hummus

2 (6-inch) whole-wheat pitas, cut in half

8 ounces thinly sliced deli, lower-sodium turkey breast

4 (1/4-inch-thick) slices tomato, halved

1/4 cup crumbled feta cheese

1 cup bagged baby spinach leaves (optional)

1. Prepare Herbed Hummus.

2. Spread 2 tablespoons Herbed Hummus in each pita half. Fill each pita with 2 ounces turkey, 1 tomato slice, 1 tablespoona feta cheese, and 1/4 cup spinach, if desired. Yield: 4 servings (serving size: 1 pita half).

CALORIES 220; FAT 6.8g (sat 2.1g, mono 3g, poly 1.1g); PROTEIN 17.7g; CARB 21.9g; FIBER 3.4g; CHOL 29mg; IRON 1.8mg; SODIUM 668mg; CALC 64mg Herbed Hummus

Prep: 7 minutes

1 garlic clove, peeled

1 garlic clove, peeled
1 (16-ounce) can chickpeas (garbanzo beans), rinsed and drained
2 tablespoons olive oil
2 tablespoons fresh lemon juice
2 tablespoons water

2 tablespoons fresh flat-leaf parsley leaves

2 teaspoons tahini (roasted sesame seed paste)
$^1/_4$ teaspoon smoked paprika

1. Drop garlic through food chute with food processor on; process until minced. Add chickpeas and remaining ingredients; process until smooth, scraping sides of bowl once. Yield: 10 servings (serving size: 2 tablespoons).

CALORIES 65; FAT 3.6g (sat 0.5g, mono 2.3g, poly 0.7g); PROTEIN 1.6g; CARB 7.1g; FIBER 1.4g; CHOL 0mg; IRON 0.5mg; SODIUM 86mg; CALC 12mg

Arugula-Orange Salad with Fig-Bacon Dressing

Sweet fig preserves, salty bacon, and peppery arugula are a delicious trio that gives this salad plenty of flavor.

Prep: 13 minutes • Cook: 30 seconds

Fig-Bacon Dressing
1 (5-ounce) package prewashed arugula
1 (15-ounce) can cannellini beans, rinsed and drained
1 cup navel orange slices, peeled and quartered (2 oranges)
1/3 cup (1.3 ounces) crumbled goat cheese
1/2 teaspoon freshly ground black pepper

1. Prepare Fig-Bacon Dressing.

2. Place Fig-Bacon Dressing, arugula, beans, and orange in a large bowl; toss well.

3. Divide salad evenly among 4 salad plates. Sprinkle salads evenly with goat cheese and pepper. Yield: 4 servings (serving size: 2 cups salad, about 4 teaspoons cheese, and dash of pepper).

CALORIES 238; FAT 8.9g (sat 3.9g, mono 3.8g, poly 0.7g); PROTEIN 10.9g; CARB 29.8g; FIBER 5.5g; CHOL 12.3mg; IRON 2.1mg; SODIUM 318mg; CALC 152mg Fig-Bacon Dressing

Prep: 3 minutes • Cook: 30 seconds

3 tablespoons fig preserves

1/4 cup cider vinegar

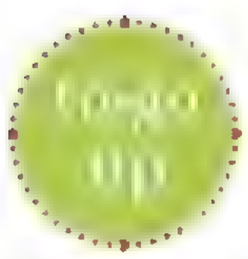
1 tablespoon olive oil

1/2 teaspoon grated orange rind

2 center-cut bacon slices, cooked and crumbled

1. Spoon fig preserves into a large microwave-safe bowl. Cover and microwave at HIGH 30 seconds or until preserves melt. Add vinegar, olive oil, rind, and bacon; stir with a whisk until blended. Yield: 4 servings (serving size: 2 tablespoons).

CALORIES 77; FAT 4g (sat 0.7g, mono 2.5g, poly 0.4g); PROTEIN 1g; CARB 8.5g; FIBER 0g; CHOL 2.5mg; IRON 0.1mg; SODIUM 44mg; CALC 2mg



Pack the orange slices and the Fig-Bacon Dressing separately from the rest of the salad; the acid in the oranges and the dressing will wilt the arugula.

Arugula Salad with Beets and Pancetta Crisps

The best time to make this salad is when there's a leftover end of French bread hanging around on the counter. Once the bread is dry and hard, it's the perfect addition to this salad.

Prep: 5 minutes • Cook: 5 minutes

8 very thin slices pancetta (1½ ounces)

4 cups arugula

1½ cups (1-inch) cubes day-old French bread, toasted ¼ cup chopped pitted dates

3 tablespoons prechopped green onions

3 tablespoons light balsamic vinaigrette

1 (8-ounce) package steamed peeled ready-to-eat baby red beets, quartered 1 cup (4 ounces) crumbled goat cheese

1. Cook pancetta in a large nonstick skillet over medium heat 5 minutes or until crisp, turning occasionally. Remove pancetta from skillet; drain on paper towels.

2. Combine arugula and next 3 ingredients in a large bowl. Drizzle with

vinaigrette; toss gently to coat. Divide greens mixture evenly among 4 bowls. Top salads evenly with beets and pancetta; sprinkle evenly with cheese. Yield: 4 servings (serving size: 1¼ cups greens mixture, about 7 beet wedges, 2 pancetta slices, and about 1 ounce cheese).

CALORIES 220; FAT 10g (sat 5.4g, mono 2.8g, poly 0.8g); PROTEIN 10.8g; CARB 24.4g; FIBER 2.7g; CHOL 20.6mg; IRON 2.2mg; SODIUM 567mg; CALC 96mg

If you're packing this salad to travel, store the bread, dressing, pancetta, and cheese separately to preserve the crisp texture of the arugula and pancetta and the color of the cheese. Toss the salad in your container just before you plan to have lunch.

Avocado BLT

A creamy, healthful avocado spread replaces the traditional mayonnaise in this sandwich loaded with bacon, gourmet greens, and juicy, ripe tomatoes.

Prep: 9 minutes • Cook: 5 minutes

½ cup Creamy Avocado Spread

8 (1-ounce) slices thin-sliced 15-grain bread, toasted

2 cups gourmet salad greens

4 (¼-inch-thick) slices tomato

8 center-cut bacon slices, cooked

1. Spread 2 tablespoons Creamy Avocado Spread over 4 bread slices. Top each of the 4 bread slices with ½ cup greens, 1 tomato slice, and 2 bacon slices. Top with remaining bread slices. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 272; FAT 12.7g (sat 2.7g, mono 6.7g, poly 1.9g); PROTEIN 12.1g; CARB 31.5g; FIBER 8.5g; CHOL 15mg; IRON 1.7mg; SODIUM 680mg; CALC 45mg Creamy Avocado Spread

Prep: 4 minutes

1 peeled ripe avocado, coarsely mashed

1 tablespoon fresh lemon juice

1 tablespoon fresh lemon juice

1 garlic clove, minced

1/4 teaspoon salt

1/8 teaspoon ground red pepper

1. Combine all ingredients in a small bowl, stirring with a fork until blended. Yield: 4 servings (serving size: 2 tablespoons).

CALORIES 59; FAT 5.3g (sat 0.7g, mono 3.3g, poly 0.6g); PROTEIN 0.7g; CARB 3.5g; FIBER 2.4g; CHOL 0mg; IRON 0.2mg; SODIUM 150mg; CALC 6mg

Brunswick Stew

During the summer months, use fresh lima beans and corn for a real treat. Add additional water or broth if the consistency becomes too thick.

Prep: 3 minutes • Cook: 12 minutes

1 cup pulled smoked pork

1 cup pulled skinless smoked chicken

1 cup fat-free, lower-sodium chicken broth

1 (14.5-ounce) can fire-roasted diced tomatoes, undrained

1/2 cup frozen baby lima beans

1/2 cup frozen whole-kernel corn

1/4 cup Carolina sweet barbecue sauce

1/4 teaspoon freshly ground black pepper

1. Combine all ingredients in a Dutch oven. Bring to boil. Cover, reduce heat, and simmer 12 minutes or until vegetables are tender. Yield: 4 servings (serving size: 1 1/4 cups).

CALORIES 293; FAT 11.4g (sat 4.1g, mono 4.6g, poly 1.7g); PROTEIN 28.1g; CARB 18.3g; FIBER 2.4g; CHOL 76mg; IRON 2.4mg; SODIUM 569mg; CALC 42mg

Prosciutto-Fig Salad

Substitute dried Calimyrna figs when fresh figs are no longer in season.

Prep: 10 minutes

1/4 cup sherry vinegar

2 tablespoons olive oil

1/4 teaspoon freshly ground black pepper

2 (6-ounce) packages fresh baby spinach

1/4 cup chopped walnuts, toasted

8 fresh figs, quartered

3 ounces thinly sliced prosciutto, torn

1/4 cup (1 ounce) crumbled Gorgonzola cheese

1. Combine first 3 ingredients in a large bowl, stirring with a whisk. Add spinach and next 3 ingredients; toss gently to coat. Divide spinach mixture evenly among 4 bowls. Sprinkle each serving with cheese. Yield: 4 servings (serving size: about 2 1/2 cups spinach mixture and 1 tablespoon cheese).

CALORIES 292; FAT 16.1g (sat 3.7g, mono 7.2g, poly 4.6g); PROTEIN 11.5g; CARB 30.3g; FIBER 7.7g;

CHOL 18mg; IRON 3.6mg; SODIUM 611mg; CALC 140mg

use extra ingredients in

Baby Spinach Cast-Iron Breakfast Pizza

Figs Yogurt with Orange-Honey Figs

Prosciutto Frittata with Mascarpone and Prosciutto

Weekend Suppers

Tandoori Salmon

The spices on this broiled salmon give it the same flavors as many tandoori-cooked dishes.

Prep: 3 minutes • Cook: 9 minutes

1 teaspoon ground ginger

1 teaspoon ground turmeric

½ teaspoon ground cumin

¼ teaspoon salt

¼ teaspoon freshly ground black pepper 4 (6-ounce) salmon fillets

Cooking spray

Cilantro-Yogurt Sauce

1. Preheat broiler.

2. Combine first 5 ingredients in a small bowl; rub over fillets. Place fillets on a broiler pan coated with cooking spray; broil 9 minutes or until fish flakes easily

when tested with a fork or until desired degree of doneness. Serve with Cilantro-Yogurt Sauce. Yield: 4 servings (serving size: 1 fillet and ¼ cup sauce).

CALORIES 246; FAT 7.2g (sat 1.6g, mono 2g, poly 2.4g); PROTEIN 37.4g; CARB 5.8g; FIBER 0.3g; CHOL 92mg; IRON 1.8mg; SODIUM 303mg; CALC 141mg Cilantro-Yogurt Sauce

Prep: 5 minutes

1 cup plain low-fat yogurt
1 tablespoon chopped fresh cilantro
1 teaspoon grated lime rind

1 teaspoon fresh lime juice

2 garlic cloves, minced

1. Combine all ingredients in a small bowl. Cover and chill until ready to serve. Yield: 4 servings (serving size: ¼ cup).

CALORIES 41; FAT 1g (sat 0.6g, mono 0.3g, poly 0g); PROTEIN 3.3g; CARB 4.9g; FIBER 0g; CHOL 4mg; IRON 0.1mg; SODIUM 43mg; CALC 115mg serve with

Sautéed Okra

Prep: 2 minutes • Cook: 12 minutes • Other: 5 minutes

1 teaspoon canola oil

1 pound okra pods, cut in half lengthwise
¼ teaspoon salt
¼ teaspoon freshly ground black pepper **1.** Heat canola oil in a large nonstick skillet over medium-high heat; swirl to coat. Add okra, and sauté 5 minutes or until lightly browned. Sprinkle with salt and freshly ground black pepper. Yield: 4 servings.

CALORIES 46; FAT 1.3g (sat 0.1g, mono 0.8g, poly 0.4g); PROTEIN 2.3g; CARB 8.1g; FIBER 3.7g; CHOL 0mg; IRON 0.9mg; SODIUM 157mg; CALC 93mg

Eggplant Parmigiana

Serve this Italian meatless main dish over a bed of hot spaghetti, if you like.

Prep: 12 minutes • Cook: 35 minutes

¼ cup canola mayonnaise

1 (1½-pound) eggplant, cut into 12 (½-inch-thick) slices ¾ cup Parmesan-seasoned breadcrumbs

Cooking spray

1½ cups bottled lower-sodium tomato-basil pasta sauce 1½ cups (6 ounces) shredded six-cheese Italian blend cheese ¼ cup fresh basil (optional) **1.** Preheat oven to 425°.

2. Thinly spread mayonnaise evenly on both sides of eggplant slices; dip both sides of eggplant in breadcrumbs. Place eggplant on an ungreased baking sheet.

3. Bake at 425° for 15 minutes or until tender and lightly browned. Turn eggplant over. Bake an additional 5 minutes. Reduce oven temperature to 375°.

4. Place eggplant slices in a 13 x 9–inch baking dish coated with cooking spray. Spread pasta sauce over eggplant; sprinkle with cheese. Bake at 375° for 15 minutes or until thoroughly heated and cheese melts. Sprinkle with basil, if desired. Yield: 6 servings.

CALORIES 200; FAT 11.4g (sat 4.2g, mono 1.7g, poly 1.1g); PROTEIN 9.9g; CARB 16.3g; FIBER 4.6g;

CHOL 20mg; IRON 1mg; SODIUM 653mg; CALC 234mg

use extra basil in

[Red Curry Flank Steak with Thai Herb and Tomato Salad]

[Pesto Grilled Cheese Panini]

Pan-Roasted Salmon and Tomatoes

Green Curry Snapper

Flavorful green curry, a variety of spices and herbs, and coconut milk provide a fragrant sauce for fresh snapper fillets. Coconut milk adds a rich, velvety texture to the savory dish. If snapper is unavailable, substitute another firm white fish.

Prep: 4 minutes • Cook: 10 minutes

½ cup coconut milk

1 tablespoon fresh lime juice

2 teaspoons green curry paste

2 teaspoons lemongrass paste

1 teaspoon ginger paste

4 (6-ounce) snapper fillets

⅛ teaspoon salt

2 teaspoons olive oil

2 garlic cloves, minced

¼ cup chopped fresh cilantro

1. Combine first 5 ingredients in a small bowl. Sprinkle fillets evenly with salt.

2. Heat oil in a large nonstick skillet over medium-high heat; swirl to coat. Add garlic; sauté 30 seconds. Add fillets. Cook 2 to 3 minutes on each side. Pour coconut milk mixture over fillets. Cover; bring to a simmer. Simmer 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Carefully place 1 fillet on each of 4 plates. Spoon curry sauce evenly over fillets; sprinkle evenly with cilantro. Yield: 4 servings (serving size: 1 fillet, 1 tablespoon sauce, and 1 tablespoon cilantro).

CALORIES 260; FAT 11.2g (sat 6.2g, mono 2.5g, poly 1.3g); PROTEIN 35.6g; CARB 3.1g; FIBER 0g; CHOL 63mg; IRON 1.4mg; SODIUM 337mg; CALC 66mg serve with

Tropical Jasmine Rice

Prep: 2 minutes • Cook: 12 minutes • Other: 5 minutes

¾ cup water

½ cup jasmine rice

2 teaspoons butter

¼ teaspoon salt

⅓ cup finely chopped fresh pineapple

2 tablespoons diagonally cut green onions

2 tablespoons flaked sweetened coconut, toasted

1. Combine first 4 ingredients in a small saucepan. Bring to a boil; reduce heat, cover, and simmer 10 minutes. Remove pan from heat; let stand, covered, 5 minutes. Add pineapple, green onions, and coconut; fluff gently with a fork. Yield: 4 servings (serving size: ½ cup).

CALORIES 117; FAT 2.7g (sat 1.9g, mono 0.5g, poly 0.1g); PROTEIN 1.7g; CARB 21.4g; FIBER 1.1g; CHOL 5mg; IRON 0.3mg; SODIUM 173mg; CALC 15mg

Grilled Halibut with Hoisin Glaze

Sriracha, orange, and hoisin give halibut a slightly sweet, Asian flavor. Use another firm white fish in place of the halibut, if you can’t find it.

Prep: 4 minutes • Cook: 6 minutes

2 tablespoons fresh orange juice, divided

4 (6-ounce) halibut fillets

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

2 tablespoons hoisin sauce

2 teaspoons Sriracha (hot chile sauce)

Cooking spray

Grated orange rind (optional)

1. Preheat grill to medium-high heat.

2. Brush 1 tablespoon orange juice evenly over fillets; sprinkle evenly with salt and pepper. Combine hoisin sauce, Sriracha, and remaining 1 tablespoon orange juice in a small bowl.

3. Place fillets on grill rack coated with cooking spray. Brush fillets with hoisin

mixture. Grill 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness, basting occasionally with hoisin mixture. Garnish with orange rind, if desired. Yield: 4 servings (serving size: 1 fillet).

CALORIES 179; FAT 2.6g (sat 0.5g, mono 0.9g, poly 0.6g); PROTEIN 31.9g; CARB 4.9g; FIBER 0.3g; CHOL 84mg; IRON 0.4mg; SODIUM 443mg; CALC 16mg serve with

Grilled Baby Bok Choy

Prep: 5 minutes • Cook: 11 minutes

4 baby bok choy, halved lengthwise (about 1 pound)

2 tablespoons water

1 tablespoon dark sesame oil

¼ teaspoon salt

¼ teaspoon freshly ground black pepper Cooking spray

2 teaspoons toasted sesame seeds

1. Preheat grill to medium-high heat.

2. Place bok choy halves and 2 tablespoons water in a microwave-safe dish. Cover dish with heavy-duty plastic wrap; vent. Microwave at HIGH 5 minutes or until tender. Drain.

3. Drizzle bok choy with sesame oil, and sprinkle with salt and pepper. Place on grill rack coated with cooking spray. Grill 3 minutes on each side or until bok choy begins to char. Sprinkle with toasted sesame seeds. Yield: 4 servings (serving size: 2 bok choy halves).

CALORIES 54; FAT 4.5g (sat 0.6g, mono 1.8g, poly 1.9g); PROTEIN 2.1g; CARB 2.3g; FIBER 1.3g; CHOL 0mg; IRON 1.3mg; SODIUM 187mg; CALC 107mg

Shrimp Tikka Masala

Change this Indian-inspired dish to suit your taste: You can substitute chicken or firm white fish for the shrimp.

Prep: 3 minutes • Cook: 5 minutes

Tikka Masala Sauce

24 large shrimp, peeled and deveined (about 1½ pounds) Cooking spray

¼ teaspoon salt

1 (8.5-ounce) package microwaveable precooked basmati rice

3 tablespoons chopped fresh cilantro

¼ teaspoon coriander

1. Preheat broiler.

2. Prepare Tikka Masala Sauce through step 1.

3. While sauce cooks 5 minutes, arrange shrimp on a broiler pan coated with cooking spray. Sprinkle shrimp with salt, and coat with cooking spray. Broil 2 minutes on each side or until shrimp are done.

4. While shrimp cook, microwave rice according to package directions. Place rice in a medium bowl; stir in cilantro and coriander.

5. Complete step 2 of Tikka Masala Sauce recipe. Stir shrimp into sauce. Spoon rice into each of 4 shallow bowls. Spoon Shrimp Tikka Masala evenly over rice. Yield: 4 servings (serving size: 6 shrimp, ½ cup sauce, and ½ cup rice).

CALORIES 383; FAT 8.9g (sat 2g, mono 3.5g, poly 1.9g); PROTEIN 40.3g; CARB 34.5g; FIBER 2.6g; CHOL 262.7mg; IRON 6.2mg; SODIUM 648mg; CALC 169mg Tikka Masala Sauce

Prep: 3 minutes • Cook: 12 minutes

1 tablespoon olive oil

½ cup finely chopped onion
2 teaspoons grated peeled fresh ginger

2 teaspoons garam masala

2 garlic cloves, minced
2 hot red chiles, finely chopped
1 (14.5-ounce) can diced tomatoes, undrained

2 tablespoons tomato paste

¼ teaspoon salt

½ cup plain yogurt

1. Heat oil in a large nonstick skillet over medium heat; swirl to coat. Add onion to pan. Cook 4 minutes or until tender, stirring frequently. Add ginger and next 3 ingredients; cook 2 minutes or until fragrant. Stir in tomatoes, tomato paste, and salt. Cook 5 minutes or until slightly thickened. Remove from heat.

2. Stir in yogurt. Serve immediately. Yield: 4 servings (serving size: ½ cup).

CALORIES 103; FAT 4.6g (sat 1.1g, mono 2.8g, poly 0.5g); PROTEIN 3.1g; CARB 12.9g; FIBER 2.1g; CHOL 4mg; IRON 1.2mg; SODIUM 242mg; CALC 70mg

Chicken Saltimbocca

“Saltimbocca” means “jump in the mouth” in Italian, and with the bold flavors of prosciutto, sage, and Marsala, this chicken entrée certainly lives up to its name. Serve with thin spaghetti or mashed potatoes on the side.

Prep: 8 minutes • Cook: 19 minutes

4 (6-ounce) skinless, boneless chicken breast halves ¼ teaspoon freshly ground black pepper 18 large fresh sage leaves, divided 4 (½-ounce) thin slices prosciutto 1.1 ounces all-purpose flour (about ¼ cup) Cooking spray

1 cup dry Marsala wine

1. Preheat oven to 350°.

2. Sprinkle chicken evenly with pepper. Place 4 sage leaves on top of each chicken breast. Top each with 1 slice prosciutto, pressing lightly to adhere. Place flour in a shallow dish. Carefully dredge each chicken breast in flour, patting to adhere flour to chicken and shaking off any excess.

3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken; cook 3 to 4 minutes on each side or until golden. Place on a rack coated with cooking spray set in a rimmed baking sheet.

4. Bake at 350° for 8 minutes or until done.

5. Add wine to drippings in skillet, scraping pan to loosen browned bits. Add remaining 2 sage leaves. Bring to a boil over medium-high heat. Reduce heat; simmer, uncovered, 5 minutes or until reduced to 2 tablespoons. Remove sage from sauce. Serve sauce over chicken. Yield: 4 servings (serving size: 1 chicken breast and 1½ teaspoons sauce).

CALORIES 293; FAT 6.1g (sat 1.5g, mono 2.1g, poly 0.8g); PROTEIN 41.1g; CARB 10.1g; FIBER 0.2g; CHOL 120mg; IRON 1.2mg; SODIUM 579mg; CALC 24mg

use extra ingredients in

Chicken Breast Halves Grilled Chicken Salad with Dried Cherries and Goat Cheese

Sage Pork Medallions with Cranberry Sauce

Prosciutto Frittata with Mascarpone and Prosciutto

Schnitzel Chicken

Veal and pork are excellent substitutes for the chicken.

Prep: 5 minutes • Cook: 12 minutes

1.1 ounces all-purpose flour (about ¼ cup) 1 large egg, beaten

1 cup whole-wheat panko (Japanese breadcrumbs)

4 (¼-inch-thick) chicken breast cutlets ⅜ teaspoon salt

¼ teaspoon freshly ground black pepper 2 teaspoons olive oil, divided

Cooking spray

4 lemon wedges

1. Place flour, egg, and panko each in a shallow dish. Sprinkle chicken cutlets evenly with salt and pepper. Dredge each chicken cutlet in flour. Dip in egg; dredge in panko.

2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat; swirl to coat. Add half of chicken to pan. Cook 3 minutes or until golden; coat chicken with cooking spray. Turn chicken over. Cook an additional 3 minutes or until chicken is done. Transfer to a plate; cover and keep warm. Repeat procedure with 1 teaspoon oil, chicken, and cooking spray. Serve with lemon wedges. Yield: 4 servings (serving size: 1 chicken cutlet and 1 lemon wedge).

CALORIES 268; FAT 7g (sat 1.4g, mono 3.1g, poly 1.2g); PROTEIN 29.5g; CARB 20.8g; FIBER 2.4g; CHOL 119mg; IRON 1.8mg; SODIUM 394mg; CALC 16mg serve with

Pan-Fried Slaw

Prep: 1 minute • Cook: 5 minutes

Cooking spray

2 (10-ounce) packages angel hair slaw

⅓ cup rice vinegar

½ teaspoon caraway seeds

¼ teaspoon freshly ground black pepper ⅛ teaspoon salt

1. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add slaw. Coat slaw with cooking spray. Sauté 3 minutes or until wilted and beginning to brown. Add vinegar and remaining ingredients; sauté 1 minute. Yield: 4 servings (about 1 cup).

CALORIES 37; FAT 0.2g (sat 0.1g, mono 0g, poly 0g); PROTEIN 1.9g; CARB 8.4g; FIBER 3.7g; CHOL 0mg; IRON 0.7mg; SODIUM 100mg; CALC 59mg

Pistachio-Crusted Chicken

Buy shelled pistachios to save time. You can also use other nuts in this recipe: Try almonds, pine nuts, cashews, or peanuts.

Prep: 3 minutes • Cook: 22 minutes

¾ cup pistachios

2 large egg whites, lightly beaten

4 (6-ounce) skinless, boneless chicken breast halves

¼ teaspoon salt

¼ teaspoon freshly ground black pepper Cooking spray

1. Preheat oven to 400°.

2. Place pistachios in a food processor. Process until finely chopped; transfer to a shallow bowl. Place egg whites in a shallow bowl. Sprinkle chicken with salt and pepper. Dip chicken into egg whites; dredge in pistachios, pressing lightly to adhere.

3. Heat a large nonstick ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes. Coat chicken with cooking spray. Turn chicken over; cook 4 minutes. Place pan in oven.

4. Bake, uncovered, at 400° for 14 minutes or until done. Cut chicken crosswise into slices. Yield: 4 servings (serving size: 3 ounces chicken).

CALORIES 329; FAT 13g (sat 1.9g, mono 6.2g, poly 3.7g); PROTEIN 46g; CARB 6.6g; FIBER 2.4g;

CALORIES 325; FAT 15g (sat 1.9g, mono 0.2g, poly 5.7g); PROTEIN 40g; CARB 0.0g; FIBER 2.4g; CHOL 99mg; IRON 2.3mg; SODIUM 286mg; CALC 46mg serve with

Strawberry Salad

Prep: 5 minutes

1 (6-ounce) package fresh baby spinach

1½ cups quartered strawberries

¼ cup thinly sliced red onion

¼ teaspoon freshly ground black pepper

3 tablespoons blush wine vinaigrette

1 tablespoon chopped fresh mint (optional)

2 ounces goat cheese, crumbled

1. Combine first 5 ingredients and mint, if desired, in a large bowl; toss. Sprinkle with cheese. Yield: 4 servings (serving size: about 1⅔ cups).

CALORIES 124; FAT 5.8g (sat 2.3g, mono 1.7g, poly 0.6g); PROTEIN 4.1g; CARB 15.4g; FIBER 3.4g; CHOL 7mg; IRON 1.9mg; SODIUM 278mg; CALC 62mg

Orange-Ginger Pork Chops

Two skillets will go a long way in helping you quickly prepare this dish. The pork cooks while you sauté the cabbage.

Prep: 5 minutes • Cook: 12 minutes

1 navel orange
2 tablespoons lower-sodium soy sauce

2 teaspoons grated peeled fresh ginger

½ teaspoon freshly ground black pepper 4 (4-ounce) boneless center-cut loin pork chops (about ½ inch thick) Cooking spray

1. Grate 2 teaspoons rind and squeeze ¼ cup juice from orange. Combine orange rind, orange juice, soy sauce, ginger, and pepper in a shallow dish. Add pork, turning to coat.

2. Heat a medium nonstick skillet over medium heat. Coat pan with cooking spray. Remove pork from marinade, reserving marinade. Add pork to pan; cook 5 minutes on each side or until done. Remove from pan and keep warm. Add marinade to pan. Bring to a boil; boil 1 minute. Spoon sauce evenly over pork. Yield: 4 servings (serving size: 1 pork chop and 1½ teaspoons sauce).

CALORIES 157· FAT 5.8g (sat 1.7g, mono 2.1g, poly 0.7g)· PROTEIN 21.8g· CARB 2.7g· FIBER 0.2g·

CALORIES 157; FAT 5.0g (sat 1.7g, mono 2.1g, poly 0.7g); PROTEIN 21.0g; CARB 2.7g; FIBER 0.2g; CHOL 66mg; IRON 0.7mg; SODIUM 347mg; CALC 23mg serve with

Sweet and Sour Cabbage

Prep: 3 minutes • Cook: 10 minutes

Cooking spray

2 cups thinly sliced red cabbage

2 cups thinly sliced green cabbage

1½ cups sliced Granny Smith apple (1 medium)

1 cup thinly sliced sweet onion

¼ cup cider vinegar

1 tablespoon honey

½ teaspoon salt

½ teaspoon freshly ground black pepper **1.** Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add red cabbage and next 3 ingredients to pan. Cook, uncovered, 8 minutes or until tender, stirring frenquently. Stir in vinegar and remaining ingredients. Cook, stirring constantly, 2 minutes. Yield: 4 servings (serving size: ¾ cup).

CALORIES 78; FAT 0.2g (sat 0g, mono 0g, poly 0.1g); PROTEIN 1.7g; CARB 18.6g; FIBER 3.2g; CHOL 0mg; IRON 0.7mg; SODIUM 320mg; CALC 53mg

Beef Tenderloin with Peppery Fig-Port Sauce

Grilled beef tenderloin steaks become decadent when drizzled with fig-studded port sauce, which is also delicious served with lamb and game.

Prep: 5 minutes • Cook: 15 minutes • Other: 5 minutes

4 (4-ounce) beef tenderloin steaks (about ¾ inch thick) ½ teaspoon salt

½ teaspoon freshly ground black pepper, divided Cooking spray

1 cup tawny port or other sweet red wine

1½ tablespoons finely chopped shallots 8 small dried Mission figs, quartered

1 rosemary sprig

1. Preheat grill to medium-high heat.

2. Sprinkle steaks with salt and ¼ teaspoon pepper. Place steaks on grill rack coated with cooking spray. Grill 3 minutes on each side or until desired degree of doneness. Let stand 5 minutes.

3. While steaks cook, combine remaining ¼ teaspoon black pepper, port, and remaining 3 ingredients in a small saucepan. Bring to a boil; boil 15 minutes or until reduced to ½ cup. Remove rosemary sprig. Spoon port sauce over steaks.

Yield: 4 servings (serving size: 1 steak and 2 tablespoons sauce).

CALORIES 302; FAT 7.5g (sat 2.8g, mono 3g, poly 0.4g); PROTEIN 25.7g; CARB 16.8g; FIBER 1.3g; CHOL 76mg; IRON 2.3mg; SODIUM 361mg; CALC 55mg serve with

Grilled Fennel and Red Onion

Prep: 5 minutes • Cook: 12 minutes

¼ cup balsamic vinegar

1 tablespoon olive oil

¼ teaspoon salt

¼ teaspoon freshly ground black pepper 1 large red onion, cut into 4 (½-inch-thick) slices 2 medium fennel bulbs with stalks (about 2 pounds), trimmed and cut into ¼-inch-thick slices Cooking spray

1. Preheat grill to medium-high heat.
2. Combine first 4 ingredients in a large bowl. Add onion and fennel, tossing to coat.
3. Place onion and fennel on grill rack coated with cooking spray. Grill 12 minutes or until tender, turning once. Yield: 4 servings (serving size: ¾ cup).

CALORIES 127; FAT 4.1g (sat 0.5g, mono 2.6g, poly 0.4g); PROTEIN 3.3g; CARB 22.4g; FIBER 7.7g; CHOL 0mg; IRON 1.9mg; SODIUM 269mg; CALC 125mg

Pub Burgers

A slathering of blue cheese spread dotted with bits of crisp bacon sends this burger right over the top. Serve with a side of baked potato wedges, if desired.

Prep: 5 minutes • Cook: 10 minutes

1 pound ground sirloin

¼ teaspoon salt

¼ teaspoon freshly ground black pepper Cooking spray

4 (¼-inch-thick) slices red onion

Blue Cheese–Bacon Spread

4 (1.8-ounce) white-wheat hamburger buns

4 green leaf lettuce leaves (optional)

1. Preheat grill to high heat.

2. Combine first 3 ingredients in a medium bowl. Divide mixture into 4 equal portions, shaping each into a ½-inch-thick patty. Place burgers on grill rack coated with cooking spray. Grill 5 minutes. Turn patties over. Coat onion slices with cooking spray; place on grill rack. Grill patties and onion 5 minutes or until

patties are done, turning onion halfway through cooking time.

3. While patties and onion slices cook, prepare Blue Cheese–Bacon Spread.

4. Spread Blue Cheese–Bacon Spread on cut sides of each bun; top each bun bottom with 1 lettuce leaf, if desired, 1 patty, and 1 onion slice. Cover with bun tops. Yield: 4 servings (serving size: 1 burger).

CALORIES 230; FAT 13.8g (sat 5.7g, mono 4.3g, poly 1.3g); PROTEIN 28.4g; CARB 27.2g; FIBER 4.8g; CHOL 71mg; IRON 4.7mg; SODIUM 570mg; CALC 300mg Blue Cheese–Bacon Spread

Prep: 4 minutes

¼ cup (2 ounces) tub-style ⅓-less-fat cream cheese 2 tablespoons nonfat buttermilk

2 tablespoons crumbled blue cheese

1 bacon slice, cooked and crumbled

¼ teaspoon freshly ground black pepper **1.** Combine first 3 ingredients in a small bowl, stirring until smooth. Stir in bacon and pepper. Yield: 4 servings (serving size: 1½ tablespoons).

CALORIES 58; FAT 4.7g (sat 2.7g, mono 1.3g, poly 0.2g); PROTEIN 2.8g; CARB 1.2g; FIBER 0g; CHOL 16mg; IRON 0mg; SODIUM 136mg; CALC 36mg

Red Curry Flank Steak

A quick-to-make marinade takes flank steak from ordinary to extraordinary in this Thai-inspired grill recipe. Although it is unlikely that there will be any leftovers, the steak is delicious served cold over salad greens or in a sandwich.

Prep: 5 minutes • Cook: 10 minutes • Other: 8 hours and 5 minutes 2 tablespoons red curry paste

2 tablespoons rice vinegar

2 tablespoons canola oil

3 tablespoons finely chopped crystallized ginger

1 tablespoon sambal oelek (ground fresh chile paste)

1 (1-pound) flank steak, trimmed

¼ teaspoon salt

Cooking spray

1. Combine first 5 ingredients in a large heavy-duty zip-top plastic bag; add steak. Seal bag. Marinate in refrigerator 8 hours, turning occasionally.

2. Preheat grill to medium-high heat.

3. Remove steak from bag, discarding marinade. Sprinkle steak with salt. Place steak on grill rack coated with cooking spray. Grill 5 minutes on each side or

until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices. Yield: 4 servings (serving size: 3 ounces steak).

CALORIES 276; FAT 13.5g (sat 2.9g, mono 6.7g, poly 2.3g); PROTEIN 24.7g; CARB 12.4g; FIBER 0g; CHOL 70mg; IRON 4.2mg; SODIUM 850mg; CALC 48mg serve with

Thai Herb and Tomato Salad

Prep: 8 minutes • Other: 5 minutes

3 large vine-ripened tomatoes, each cut into 12 wedges (about 1½ pounds) ¾ cup fresh bean sprouts

⅓ cup thinly sliced red onion

2 tablespoons coarsely chopped fresh mint

2 tablespoons coarsely chopped fresh basil

2 tablespoons coarsely chopped fresh cilantro

1 tablespoon rice vinegar

1 tablespoon fresh lime juice

½ teaspoon salt

¼ teaspoon freshly ground black pepper **1.** Place all ingredients in a large bowl; toss well. Cover and let stand 5 minutes before serving. Yield: 4 servings (serving size: 1½ cups).

CALORIES 210; FAT 0.4g (sat 0.1g, mono 0.1g, poly 0.2g); PROTEIN 2.3g; CARB 9.2g; FIBER 2.7g; CHOL 0mg; IRON 0.8mg; SODIUM 158mg; CALC 27mg

Grilled Spiced Lamb Chops with Chickpea Relish

Garam masala—a blend of cumin, coriander, cinnamon, clove, and peppercorns—easily adds Indian spice to these lamb chops.

Prep: 3 minutes • Cook: 10 minutes

2 tablespoons chili garlic sauce
1 tablespoon garam masala

2 teaspoons fresh lemon juice

¼ teaspoon salt
8 (4-ounce) lean lamb loin chops, trimmed
Cooking spray
Chickpea Relish

1. Preheat grill to medium-high heat.

2. Combine first 4 ingredients; rub evenly over lamb chops. Place lamb on grill rack coated with cooking spray. Grill lamb 5 minutes on each side or until desired degree of doneness.

3. While lamb cooks, prepare Chickpea Relish. Serve Chickpea Relish with lamb chops. Yield: 4 servings (serving size: 2 lamb chops and ½ cup relish).

CALORIES 421; FAT 17.8g (sat 5.2g, mono 8g, poly 2.2g); PROTEIN 50.9g; CARB 14.5g; FIBER 3.1g; CHOL 150mg; IRON 5.7mg; SODIUM 609mg; CALC 62mg Chickpea Relish

Prep: 4 minutes

1 (16-ounce) can reduced-sodium chickpeas (garbanzo beans), drained ¼ cup chopped fresh flat-leaf parsley 2 tablespoons chopped pitted green olives
2 tablespoons chopped red onion
2 tablespoons fresh lemon juice

2 teaspoons olive oil

½ teaspoon freshly ground black pepper **1.** Combine all ingredients in a medium bowl, tossing well to coat. Yield: 4 servings (serving size: ½ cup).

CALORIES 90; FAT 4.1g (sat 0.3g, mono 2.2g, poly 0.4g); PROTEIN 3.5g; CARB 12.8g; FIBER 3g; CHOL 0mg; IRON 1.3mg; SODIUM 203mg; CALC 34mg

Spiced Lamb

Greek yogurt lends moisture to these lamb patties, keeping them tender and juicy as they cook. If you can’t find ground lamb, substitute ground beef.

Prep: 7 minutes • Cook: 9 minutes

1 pound ground lamb

¼ cup chopped onion

½ teaspoon garam masala

¼ teaspoon salt

½ cup plain fat-free Greek yogurt, divided Cooking spray

1 tablespoon chopped fresh cilantro

1. Combine first 4 ingredients and 1 tablespoon yogurt; shape into 12 (½-inch-thick) oblong patties.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add patties to pan. Cook 4 to 5 minutes on each side or until done.

3. While patties cook, combine remaining yogurt and cilantro in a small bowl. Serve yogurt mixture with patties. Yield: 4 servings (serving size: 3 lamb patties and about 2 tablespoons yogurt mixture).

CALORIES 179; FAT 6.3g (sat 2.2g, mono 2.5g, poly 0.6g); PROTEIN 25.8g; CARB 3.3g; FIBER 0.5g; CHOL 74mg; IRON 2.2mg; SODIUM 232mg; CALC 38mg serve with

Fruited Couscous

Prep: 5 minutes • Cook: 2 minutes • Other: 5 minutes

1 cup water

1 cup uncooked couscous

3 tablespoons coarsely chopped dried apricots

3 tablespoons golden raisins

2 tablespoons slivered almonds, toasted

1 tablespoon chopped fresh mint

1 tablespoon fresh lemon juice

1 tablespoon olive oil

½ teaspoon salt

1. Bring 1 cup water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Add apricots and remaining ingredients. Fluff with a fork. Yield: 4 servings (serving size: ¾ cup).

CALORIES 253; FAT 5.3g (sat 0.6g, mono 3.5g, poly 0.9g); PROTEIN 6.6g; CARB 44.5g; FIBER 3.4g; CHOL 0mg; IRON 1mg; SODIUM 306mg; CALC 30mg

Veal Piccata

The lemon-caper pan sauce can do double duty in moistening both the veal and the herbed pasta, if you place the veal cutlet on top of the pasta before pouring the pan sauce over it. Chicken cutlets can easily stand in for the veal.

Prep: 18 minutes • Cook: 8 minutes

4 (4-ounce) veal cutlets (about ¼ inch thick) ¼ teaspoon salt

¼ teaspoon freshly ground black pepper

2 tablespoons all-purpose flour

Olive oil–flavored cooking spray

1 garlic clove, minced

½ cup dry white wine

¼ cup fat-free, lower-sodium chicken broth 2 tablespoons fresh lemon juice

2 tablespoons drained capers

1 tablespoon butter

1. Sprinkle veal with salt and pepper. Combine veal and flour in a large zip-top plastic bag; seal bag, and shake to coat with flour.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add veal; cook 2 minutes on each side or until browned. Remove veal from pan; keep warm.

3. Recoat pan with cooking spray. Add garlic; sauté 30 seconds. Add wine and next 3 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 3 minutes or until reduced by half, stirring occasionally. Stir in butter; pour sauce over veal. Yield: 4 servings (serving size: 1 veal cutlet and ¼ cup sauce).

CALORIES 248; FAT 13.9g (sat 6g, mono 5.1g, poly 0.9g); PROTEIN 19.7g; CARB 4.9g; FIBER 0.3g; CHOL 81mg; IRON 1mg; SODIUM 379mg; CALC 23mg serve with

Herbed Parmesan Capellini

Prep: 5 minutes • Cook: 8 minutes

4 ounces uncooked capellini or angel hair pasta

1 tablespoon olive oil

1 tablespoon chopped fresh parsley

2 teaspoons chopped fresh oregano

⅛ teaspoon salt

⅛ teaspoon freshly ground black pepper ¼ cup shredded fresh Parmesan cheese

1. Cook pasta according to package directions, omitting salt and fat. Drain pasta, and place in a large bowl. Add olive oil and next 4 ingredients; toss to coat. Divide pasta evenly among 4 serving plates. Sprinkle evenly with cheese. Yield: 4 servings (serving size: ½ cup pasta and 1 tablespoon cheese).

CALORIES 176; FAT 6.5g (sat 2.3g, mono 3.4g, poly 0.6g); PROTEIN 7.7g; CARB 21.7g; FIBER 0.9g; CHOL 7mg; IRON 1.1mg; SODIUM 317mg; CALC 135mg

Nutritional Analysis **How to Use It and Why** Glance at the end of any *Cooking Light* recipe, and you'll see how committed we are to helping you make the best of today's light cooking. With chefs, registered dietitians, home economists, and a computer system that analyzes every ingredient we use, *Cooking Light* gives you authoritative dietary detail like no other magazine. We go to such lengths so you can see how our recipes fit into your healthful eating plan. If you're trying to lose weight, the calorie and fat figures will probably help most. But if you're keeping a close eye on the sodium, cholesterol, and saturated fat in your diet, we provide those numbers, too. And because many women don't get enough iron or calcium, we can help there, as well. Finally, there's a fiber analysis for those of us who don't get enough roughage.

Here's a helpful guide to put our nutritional analysis numbers into perspective. Remember, one size doesn't fit all, so take your lifestyle, age, and circumstances into consideration when determining your nutrition needs. For example, pregnant or breast-feeding women need more protein, calories, and calcium. And women older than 50 need 1,200mg of calcium daily, 200mg more than the amount recommended for younger women.

In Our Nutritional Analysis, We Use These Abbreviations

sat saturated fat **mono** monounsaturated fat
poly polyunsaturated fat **CARB** carbohydrates
CHOL cholesterol **CALC** calcium **g** gram **mg** milligram **Daily Nutrition Guide**

	Women ages 25 to 50	Women over 50	Men over 24
Calories	2,000	2,000 or less	2,700
Protein	50g	50g or less	63g
Fat	65g or less	65g or less	88g or less
Saturated Fat	20g or less	20g or less	27g or less
Carbohydrates	304g	304g	410g
Fiber	25g to 35g	25g to 35g	25g to 35g
Cholesterol	300mg or less	300mg or less	300mg or less
Iron	18mg	8mg	8mg
Sodium	2,300mg or less	1,500mg or less	2,300mg or less
Calcium	1,000mg	1,200mg	1,000mg

The nutritional values used in our calculations either come from The Food Processor, Version 8.9 (ESHA Research), or are provided by food manufacturers.

Metric Equivalents The information in the following charts is provided to help cooks outside the United States successfully use the recipes in this book. All equivalents are approximate.

Cooking/Oven Temperatures

	Fahrenheit	Celsius	Gas Mark
Freeze Water	32° F	0° C	
Room Temperature	68° F	20° C	
Boil Water	212° F	100° C	
Bake	325° F	160° C	3
	350° F	180° C	4
	375° F	190° C	5
	400° F	200° C	6
	425° F	220° C	7
	450° F	230° C	8
Broil			Grill

Liquid Ingredients by Volume

¼ tsp			=	1 ml
½ tsp			=	2 ml
1 tsp			=	5 ml
3 tsp = 1 tbl		= ½ fl oz	=	15 ml
2 tbls	= ⅛ cup	= 1 fl oz	=	30 ml
4 tbls	= ¼ cup	= 2 fl oz	=	60 ml
5⅓ tbls	= ⅓ cup	= 3 fl oz	=	80 ml
8 tbls	= ½ cup	= 4 fl oz	=	120 ml
10⅔ tbls	= ⅔ cup	= 5 fl oz	=	160 ml
12 tbls	= ¾ cup	= 6 fl oz	=	180 ml
16 tbls	= 1 cup	= 8 fl oz	=	240 ml
1 pt	= 2 cups	= 16 fl oz	=	480 ml
1 qt	= 4 cups	= 32 fl oz	=	960 ml
		33 fl oz	=	1000 ml = 1l

Dry Ingredients by Weight

(To convert ounces to grams, multiply the number of ounces by 30.)

1 oz	=	1/16 lb	=	30 g
4 oz	=	¼ lb	=	120 g
8 oz	=	½ lb	=	240 g
12 oz	=	¾ lb	=	360 g
16 oz	=	1 lb	=	480 g

Length

(To convert inches to centimeters, multiply the number of inches by 2.5.)

1 in	=		2.5 cm
6 in	= ½ ft		= 15 cm
12 in	= 1 ft		= 30 cm
36 in	= 3 ft	= 1yd	= 90 cm
40 in	=		100 cm = 1m

Equivalents for Different Types of Ingredients

Standard Cup	Fine Powder (ex. flour)	Grain (ex. rice)	Granular (ex. sugar)	Liquid Solids (ex. butter)	Liquid (ex. milk)
1	140 g	150 g	190 g	200 g	240 ml
¾	105 g	113 g	143 g	150 g	180 ml
⅔	93 g	100 g	125 g	133 g	160 ml
½	70 g	75 g	95 g	100 g	120 ml
⅓	47 g	50 g	63 g	67 g	80 ml
¼	35 g	38 g	48 g	50 g	60 ml
⅛	18 g	19 g	24 g	25 g	30 ml

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